

You've Done It Once Again

Crash Test Dummies

The kill is fresh, the deed is done
You lay down in your bed
But sleep won't come, you're still too high
And thoughts race through your head

And then the guilt begins to gnaw
And your belly turns to stone
And you realize it's you that did it
You and you alone

And there's no one else to turn to
And there's no one else to blame
And you suddenly realize
You've done it once again
Yeah, you've done it
Once again

You swore you'd not repeat your crime
You took a solitary oath
But now you're back where you began
Just you and you alone

And there's no one else to turn to
And there's no one else to blame
And you suddenly realize
You've done it once again
Yeah, you've done it
Once again

And now you rise again from bed
And look out at the day
Regret the things that you have done
And then do them all again

And there's no one else to turn to
And there's no one else to blame
And you suddenly realize
You've done it once again
Yeah, you've done it
Once again