

Exercise

Dag Nasty

I'm irresponsible
I'm irrational
what are you gonna do?
and if it's in my head
and if I'm just paranoid
well I guess it's just jealousy
when it comes to you
but you'll never guess
it's like exercising
when I try to disguise it
I avoid your eyes
you'll never know
inside I can't stand it at all
when every word is a lie
but I go through it all
lies are just exercises
and I can't help myself
cause I've always lied to myself
I've had to fake so many things
what are you gonna do?
and if you see though it all
and I can't excuse myself
I think I need your help to see me through
what are you gonna do?
lies are just exercises