

# I Hold Myself in Contempt

Four Year Strong

Just stop the act  
You've been climbing up my back to weigh me down  
I attempt  
Keeping you and all your baggage off the ground

You're not just another nail in my coffin  
You're the box I'm laid to rotten alone in  
But don't be surprised if I don't make it out alive

So get a grip, you're losing it  
Your time is fading fast  
I won't waste another second picking you up when you're falling

Back away  
I'm anything but ok  
What's the point of living if you're already dead?  
Take the best  
Of everything I've got left  
I won't waste my days hating myself to death

What's left to say?  
I've been heading down this road, or so I'm told  
Apparently I'm out of control  
Apparently I'm about to explode

I never thought that I'd be giving you up  
I never thought that I'd be giving you up, I never  
I never thought that you'd be holding me back  
I never thought that you'd be holding me back

So get a grip, you're losing it  
Your time is fading fast  
I won't waste another second picking you up when you're falling

Back away  
I'm anything but ok  
What's the point of living if you're already dead?  
Take the best  
Of everything I've got left  
I won't waste my days hating myself to death

There will be nothing left of you when I go  
Because of you, the air I breathe is suffocating  
I won't waste another second on you  
Picking you up when you fall

Back away  
I'm anything but ok  
What's the point of living if you're already dead?  
Take the best  
Of everything I've got left  
I won't waste my days hating myself to death

So take the best  
Of everything I've got left  
I won't waste my days hating myself to death