

Iodine

Icon for Hire

I say I wanna be healthy but I turn up the noise.
And the IV drips a steady stream of poison.
I think I'm just in love with the feeling.
Break my bones so I can feel them healing.

Crazy's I believe the medical term.
When we wanna recover but we don't wanna learn.
Keep breaking what's been fixed a thousand times.
And give me some more of that iodine.

I can't make reality connect,
I'll push 'til I have nothing left.
But if we want to wake up
Why we still singing these lullabies.

I'll run in circles 'til I crash,
One day these steps will be my last.
So if we want to wake up
Why we still singing these lullabies.

I say I wanna be happy but I quickly forget.
When I sabotage all the good I've got left.
Depression's like a big fur coat.
It's made of dead things but it keeps me warm.

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I don't like pain but I bring it to life.
I don't like scars but I'm good with a knife.
I don't like tears but I'm starting to cry
When I realize I'm destroying my life

I do this to myself,
I do this to myself.
Stop blaming someone else,
We do this to ourselves.

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