

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.

Crazy's I believe the medical term.  
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And give me some more of that iodine.

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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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