the word of the day's i don't know what to say and the man in the mirror is wasting away no songs to sing, no games to play just a big old hole in my heart my heroes are falling apart

now michael and paul they are chained to the wall since i was a kid i loved them best of all but if they are guilty off with their balls my heroes are falling, my heroes are falling down

and the old are supposed to protect the young not endanger or exploit them this is something i can't stress enough having been fucked is no excuse for being fucked up having been fucked is no excuse for being fucked up

and my mom says to treat as you wish you were treated and i know that she's sorry for the wrongs she repeated and never forget how you felt as a kid look little you in the eye, each time you encounter a child

and the word of the day is you are a disgrace and the man in the mirror only changed his face no songs to sing, no games to play just a big old hole in my heart my heroes are falling, my heroes are falling apart my heroes are falling, my heroes are falling apart my heroes are falling, my heroes are falling apart