As I sit in my four corner room Ain't got no room for nobody else, just for myself I'm tripping out, I haven't seen daylight for days What's today anyway? Saturday, Friday, Thursday, Wednesday? Seems like time's going backwards like an hourglass going in reverse I'm bouncing off walls like rubber balls In my mind, dreams, nightmares and waterfalls Mary Jane calls my name, take me away As I float over my body and look at myself That can't be me, there's no way How could this happen to such a man with such a plan? Just when you think you're on top of the world and nothing can bring you down Believe me homeboy, something always can Seems like I'm sinking in quick-sand With nobody to lend a helping hand But I trust no hand to help me Even though I've helped many, they couldn't do shit without me All work and no play makes Lil' Rob a dull boy How could you live your life this way? Get up But the pain won't let up, the voices in my head won't shut up I feel I've been set up, I can't even pick my head up I sit paditonic, explode like atomic People think I'm on the shit, but I'm not on it All I wanted was to live a simple life But now I live this crippled life Had a bright future, gots my mind boggled Cuz now I look at my future through foggy goggles My room's getting smaller, and I'm getting taller Our Father who art in Heaven, I trust you with everything about my vi da But I don't trust the Reverand, trust no man, trust no girl Turn something straight into a curl Collection of bad thoughts drives my brain insane Even with heart aches and migraines My pains and black and blue my eyes are bloodshot red I'm halfway to dead, I'm half alive I'm lost in the middle, trying to figure out a riddle That cannot be solved, as the world revolves How did I get myself involved? Sitting in the darkness, slipping into darkness How did I start this? Time to depart this As I sit in my four corner room Ain't got no room for nobody else, just for myself As I sit, in my four corner room

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