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What do I do to ignore them behind me?
Do I follow my instincts blindly?
Do I hide my pride from these bad dreams
And give in to sad thoughts
That are maddening?
Do I sit here and try to stand it?
Or do I try to catch them red-handed?
Do I trust some and get fooled by phoniness,
Or do I trust nobody and live in loneliness?
Because I can't hold on when I'm stretched so thin
I make the right moves but I'm lost within
I put on my daily facade but then
I just end up getting hurt again
By myself
(Myself)
I ask why
But in my mind I find
I Can't rely on myself
(Myself)
I ask why
But in my mind I find
I Can't rely on myself
I can't hold on
(To what I want when I'm stretched so thin)
It's all too much to take in
I can't hold on
(To anything watching everything spin)
With thoughts of failure sinking in
If I turn my back I'm defenseless
And to go blindly seems senseless
If I hide my pride and let it all go on
Then they'll take from me 'till everything is gone
If I let them go I'll be outdone
But if I try to catch them I'll be outrun
If I'm killed by the questions like a cancer
Then I'll be buried in the silence of the answer
By myself
(Myself)
I ask why
(Myself)
Can't rely on myself
(Myself)
I ask why
But in my mind I find
Can't rely on myself
I can't hold on
(To what I want when I'm stretched so thin)
It's all too much to take in
I can't hold on
(To anything, watching everything spin)
With thoughts of failure sinking in
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How do you think
I've lost so much
I'm so afraid (I'm so afraid...)
I'm out of touch
How do you expect (How do you expect)
I will know what to do
When all I know
Is what you tell me to

Don't you KNOW
I can't tell you how to make it GO
No matter what I do, how hard I RUN
I can't seem to convince myself WHY
I'm stuck on the outside
(2x)

I can't hold on
(To what I want when I'm stretched so thin)
It's all too much to take in
I can't hold on
(To anything, watching everything spin)
With thoughts of failure sinking in
(2x)