

## Stand/Stagger

### Make Do and Mend

There must be perfect words  
for feeling alone around the people that love you.  
They hide their concern,  
and keep their mouths shut while they watch you come unglued.  
"You are their oldest son!  
They raised you better to be healthy and strong!"  
I haven't felt that way in so long.

But I'd be fine if I could just shake this feeling  
that all I am is spinning out of control.

And it's slowly becoming clear  
that your friends and your family can't bear  
to tell you that they've been watching as you get worse all the  
se years.  
And it's still there, the rising fear  
that your dependence is more than your share,  
and you're one step closer to nowhere near.

But I'd be fine if I could just shake this feeling  
that all I am is spinning out of control.  
Tonight it's hard not to feel like a failure  
when I count the scars on my fingers and know  
there's nowhere else to go.

I'm finding out that all this means  
is I'm falling apart at the seams,  
I'm finding out that all this means  
is I'm falling apart, I'm falling apart at the seams,  
seams, seams, seams

But I'm coming clean.  
And there's not much room to breathe  
between my inconsistencies  
and the constant reminder  
that I've always been this weak.

But I'd be fine if I could just shake this feeling  
that all I am is spinning out of control.  
Tonight it's hard not to feel like a failure  
when I count the scars on my fingers and know  
there's nowhere else to go.