Not enough, not enough
I will never be another dead love, another vice
Show me what lies can teach me
Another reason for a rusted heart
Another reason time stands alone
Another reason for blank affection

Couldn't stand to be sad alone
I shouldn't have another pain prescription
But I'm not gonna turn it down
A young voice in a desperate scream
Creates substance that I need from you

All this is just a way for you
To push out pain, push it out on me
It's all this is just therapy for you
That's all this is

I'm not enough, I'm not enough
I never will be another vice
Another lie, another dead love consumes me
Another reason lets you fall apart
At the feet of someone else's heart

I couldn't wait to try and pick up the pieces I'm no good at picking up my own
I don't need another cheap sedation
But I'm not gonna turn it down
Another shot at salvation dies
You can see yourself inside my eyes

All this is just a way for you
To push it out pain, push it out on me
'Cause all this is just therapy for you
That's all this is

Giving it back, giving it back Throw it away, throw it away Threw it away, threw it away

All this is just a way for you
To push out pain, push it out on me
All this is just therapy for you
That's all this is

Giving it back, giving it back