

## 30 Seconds

## Therapy?

I can feel you breathing and you're sticking to my skin  
Someone shut the morning up  
My conscience creeps back in  
I don't hear the words you say  
When you just come around  
I don't hear the words you say  
I just see you lie

There's one thing that I should remember  
There is a light at the end of the tunnel  
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There is a light at the end of the tunnel

Bugged by a priest  
When you were seven years of age  
The age of understanding  
Came with blood and semen stains  
All your hope in politics  
Handed back yourself  
Is there anything as disgraceful I can see again

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How did we get from the blue lamp disco  
To cracking up in San Francisco  
I look at myself in a sober light  
I'm not Elvis but I'm alright

I can feel you breathing  
When you tear me from within  
Unhinged and unravelled  
As you rip my fucking skin  
I can put my head back on  
but it's the wrong way round  
Feeling up the ladder  
You won't get back down

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