```
I am strong inside and out,
but when things go wrong my insides come out
every once in a while things get like this,
every once in a while...
((chorus))
(laying face up) everything is spinning around
(when you stand up) nothing wants to stay down
(would you give up) I dont know man, but I know I'm
freakin' out
hold me down when this comes back,
I'm giving myself a heart attack
kiss myself goodbye until i learn to fight,
kiss myself goodbye because...
((chorus))
(laying face up) everything is spinning around
(when you stand up) nothing wants to stay down
(would you give up) I dont know man, but I know I'm
freakin' out
((bridge))
can't this all come together,
before it falls apart
((end chorus))
```