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Monday I wake up with disgust in my head
Could not forgive myself another moment spent in bed
Monday the mirror always disappoints
I pinch my skin until I see the joints
Today I'm feeling like I live on the ledge
Any moment I just know I'm gonna fall off the edge
They say, "hang on"
I promised them I will but I don't know for how long
Wait for a minute
I wait
Why do I spend sole my day
Looking for any way to waste away?
The pain is in the empty time
Just twiddling my thumbs and hoping for the words to rise
Today I couldn't stand to be all alone
And sick of hearing my voice on the telephone
A thousand roads to injury
Most of them so smooth it doesn't feel they are hurting me
Wait for a minute
I wait
Oh, I'm still trying to leave the high violence behind
I wait for relief but the illness is my mine
Why should I worry? I'm already too late
Why should I wait?
Not knowing what the future will bring
Is always wrecking my day
I guess I'll drown my fear and seal my fate
A haze of cravings, easier to do it then to just sit here and wait
Easier to do it then to just sit here and wait
Wait for a minute
I wait
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Easier to do it then it is to just sit here and wait!