

# You've Done It Once Again

## Crash Test Dummies

The kill is fresh, the deed is done  
You lay down in your bed  
But sleep won't come, you're still too high  
And thoughts race through your head

And then the guilt begins to gnaw  
And your belly turns to stone  
And you realize it's you that did it  
You and you alone

And there's no one else to turn to  
And there's no one else to blame  
And you suddenly realize  
You've done it once again  
Yeah, you've done it  
Once again

You swore you'd not repeat your crime  
You took a solitary oath  
But now you're back where you began  
Just you and you alone

And there's no one else to turn to  
And there's no one else to blame  
And you suddenly realize  
You've done it once again  
Yeah, you've done it  
Once again

And now you rise again from bed  
And look out at the day  
Regret the things that you have done  
And then do them all again

And there's no one else to turn to  
And there's no one else to blame  
And you suddenly realize  
You've done it once again  
Yeah, you've done it  
Once again