Don't believe the hype

You're being tempted by the same ol'
You say it's under control
Just remind me how you see so clearly
Face down in a hole

Press toward the light
And the light will ground you
Go with the flow
And the flow will drown you
Hey now, there's always an out

But if you get up, get up, get up You can breakaway And if you get out, get out, get out Nothing can overtake Don't wait, escape

We get beaten by the same sticks
Until we start to crack
We get deceived by the same tricks
That's why the devil's bringing 'em back
(He's bringing 'em back)

Don't believe the hype It's such a letdown

But if you get up, get up, get up You can breakaway And if you get out, get out, get out Nothing can overtake Don't wait, escape