I could sit and talk about it all day
I prefer that, I don't mind at all
It's always about you and all
It's always about you and all
And nothing now will change the way
I feel about it all

'Cause nothing changes any day to day somehow
So I medicate and sit around
Medicate at night
And sit with all my things to numb me like they do
Just like they always do
Just like they always do

If I could follow good advice for once
But I don't listen when I'm told to thaw
It's always been that way and all
It's always been that way and all
And nothing now will change the way
I feel about it all (It's how I'm feelin', nothing's gonna chan ge at all)

Nothing changes any day to day somehow (It's how I'm feelin', n othing's gonna change at all)

So I medicate and sit around

Medicate at night

And sit with all my things to numb me like they do

Just like they always do

Just like they always do