

# Big Brekky

**Buddy Rays**

Get up, roll out  
Won't leave the house till I face the couch  
Get ready, big brekky  
Better let it settle  
Make my way out to the kettle

I said I wasn't gonna drink  
But I let myself down each week  
What's this mental health?  
Why do I do this to myself?

Brings me up  
Is it a part of my history to  
Knock me down  
Too close to tell, too far to see  
Does the apple fall far from the tree?  
Guess I took a bite and it poisoned me  
When I'm up, come around

Well, it's been a long week  
Swimming in these sheets  
Conjured up ramen, DVDs  
Found my reflection needs a clean  
Doused it in a bottle of apathy

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