

Benzo

Berner

Man, oh, man
It's been a cold summer
It's startin' to warm up, though

Why sugarcoat it? I'm in pain, it been twelve months
For eighteen years, I felt numb, let me tell you somethin'
Every night at 5 p.m., I would take a trip
I never did it for the high, the only way to live (Facts)
All the pressure, always bein' on defense
I feel like friendship don't mean shit
It's a nightmare all this weed shit (All the drama)
I can't wait until the B's hit (A billion)
Meantime, I'm on the grind and my mind runnin'
I'm tryna find somethin', I don't like nothin' (I don't like nothin')
I'm tryna catch my breath, it been hard to sleep
Used to help me turn it off, I been hard to reach
My girl said I'm distant (Is that so?)
It's like I'm not there every time we speak
I feel like I'm running in place while I'm running a race
It's like I'm stuck with a gun to my face (Gun to my face)
Old friends left me hanging, every one of 'em fake (They all fake)
It's hard to find a peace of mind with all the fog in the brain
I sit back and try and smoke somethin' (Try and smoke somethin')
Told the homies let me know somethin' (Let me know somethin')

Brain fog, what's real and what's not, though?
It's hard when you're really a capo
I'm shakin' the Benzos
New rims, I'm in love with my Benzo
It been hard, I'm just tryin' to let go
Brain fog, can't wait 'til my mind right
It's hard when you live in the limelight
I'm shakin' the Benzos
All alone like where did my friends go?
It been hard, I'm just tryin' to let go

Never thought I'd be shakin' some Benzos
I'm up late night like I drank an espresso (I'm wide awake)
When I really drank some Patrón
I was on one and I was wrong (That's on me)
Didn't know not to mix, for real, it just hit different (It just hit different)
Thank God for Janelle, I had to live different
I put the cup down and I stopped drinkin' (Stopped drinkin')
But the Xanny was my thing, I was not thinkin' (I was not thinkin')
It's just a milligram to help me stop thinkin'
I barely even feel it, I am not leanin' (I am not leanin')
I'm just runnin' circles 'round everybody (Everybody)
Didn't know what was in my body (I didn't know)
Didn't know it'd be hard to kick
Didn't know I'd get sick when I chose to quit (Tried to quit)
Head cloudy, can't wait 'til it's clear again (Nope)
I know one thing, I'm not living in fear again (I just can't)

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It's hard to be in position, trust me
It feels good to be clearheaded, know where I'm headed, man, 2026
Shit, I'm glad I did it
Yeah, straight to the bag is where I'm headin', shit
Step your life up
Shout out to my kids
Shout out to the mushrooms too, haha