

# This is Good

Black Flag

I smash my fists  
Into my face  
I can feel it  
When I close my eyes

And this is good  
And this is good  
And this is good  
And this is good

I smash my fists  
Into the wall  
I can feel it  
When I close my eyes

And this is good  
And this is good  
And this is good  
And this is good

I think I'm at the bottom when I'm crying at the top  
I think I'm at the bottom when I'm dying at the top

And this is good  
And this is good  
And this is good  
And this is good

I hate to want, you make me want  
I hate to want, you make me want to  
I hate to want, you make me want  
To hurt you

I smash my fists  
Into the wall  
I can feel it  
When I close my eyes

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I smash my fists  
Into my face  
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When I close my eyes

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I think I'm at the bottom when I'm crawling to the top  
I think I'm at the bottom when I'm dying at the top

And this is good

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