With a growing sense of dread

And a hammer in my head

Fully clothed upon the bed

I wake up to the world that lately I've been living in

There's a cut upon my brow

Must have banged myself somehow

But I can't remember now

And the front door's open wide

Lately I've let things slide

I go to the bin, I throw the laundry in And pick out the cleanest shirt Then I tell myself again I don't really hurt

Smoking once I quit
Now I got one lite, I just fell back into it

Along with my pride Lately I've let things slide

I go to the bin, I throw the laundry in Dig out the cleanest shirt When all at once I'm seized again by exquisite hurt

That untouched takeaway
I brought home the other day
Has quite a lot to say
The evidence is clear, on every side, piled high and wide
About how lately I've let things slide
I'm just about holding on
But lately I've let things slide