Ay, Romy what's next for you
You already know man, its your boy Lil B
And we all proud of you
Keep taking it to the next level
Do your thang
Don't let none of these suckers play with you
Ya dig
Its your boy Lil B man, ya
Let's get it

We are our own demons And we make them on our own Yeah we can only fight them They are not our homes Were are only hosted Don't let ghosts around you Demons are the same and There the ones inside you But only your to blame baby Don't let them control you I wouldn't let them do it to you So why must you keep hurting you I'm tired of the things you do And I know I'm one to blame too But I know I'm not insane, and I know its all meant to, what yo u know and what you learned is your brains a ticking time bomb Which only you can diffuse, so You are not your demons baby, you are only used You're using yourself babe Do you know what to do? Well, get out of your head babe Listen to me help you I know its not easy baby, but once you do You'll know I wouldn't let them do it to you