Day after day
Deceived by the lies
They keep throwing my way

Night after night We talk talk talk About the same old same

This conversation's getting so out of hand And it's a big fucking pill there to swallow I gotta get up Gotta wake up Gotta rise up

Yeah I'm caught up in the rush
Caught up in the rush again
Climbing on the walls gotta get out of here
Yeah I'm caught up in the rush
Caught up in the rush again

I keep looking back
I try to make some sense
Gotta stay on track
Banging my head
I'm walking round and round
But on broken glass

My situation's getting so out of hand And it's a big fucking pill here to swallow I gotta get up Gotta wake up Gotta rise up

Yeah I'm caught up in the rush
Caught up in the rush again
Climbing on the walls gotta get out of here
Oh I'm caught up in the rush
Caught up in the rush again
Climbing on the walls gotta get out of here

'Cause It just ain't worth it
Pleasure and pain
And I ain't gonna take it no more
Yeah I'm caught up in the rush
Caught up in the rush again
In the rush again