Caught in the dark
Little voices
Bleed through the walls
I know better, I don't know better
A friend of a friend
Conversations
Does he want me to leave?
I know better, I don't know better

Hold the leash and make me follow Spread the word, say "That dog is mean" When you've been conditioned, pills all swallowed Told you're awful, awful is all you'll ever be

What have I done?
Never recall what I said
Slip to the back and stay hidden
Recoil and stay hidden
Leave me alone
Where's my ride so I can go?
It's not in my head
I know better, I don't know better
I don't know better

Hold the leash and make me follow Spread the word, say "That dog is mean" When you've been conditioned, pills all swallowed Told you're awful, awful is all you'll ever be

Dig at the cut
Tear at my skin
Time makes it worse
I want quiet, I just want quiet
Don't know what's real
Why's it hurt when I feel loved?
It's not in my head
I know better, I don't know better
I don't know better, I don't know better

I don't know better, I don't-