Man, I've had it up to here
Trashed my hopes and fed my fears
Spent all my blood, sweat and tears
And if it was up to me
I'd wish away all the greed
How much do we really need?

But it feels so good
This instant satisfaction
A meaningless distraction
Day after day
I'm so hooked
On instant satisfaction
A modern-day distraction from the pain
Day after day after day

Man, I'm done with all of this
Sold a dream that don't exist
Bought so much that's meaningless
And if I could start again
How much could I really change?
Do we just wind up back here in the end?

'Cause it feels so good
This instant satisfaction
A meaningless distraction
Day after day
I'm so hooked
On instant satisfaction
A modern day distraction from the pain
Day after day after day

And it feels so good
This instant satisfaction
A meaningless distraction
Day after day
I'm so hooked
On instant satisfaction
A modern day distraction from the pain
Day after day after day