Oh I, have a hobby of pickin' myself apart
Leavin' people I love waitin' in the dark
And sometimes when I want to cry, I laugh
It's kind of funny
Oh and, this October I went fallin' off the edge
All of London must have heard the things I said
Put your hand up if I let you down again

There's a list of things that I should stop
List of things that I should stop
List of things that I should not be doin' but I do 'em
It's a pattern that I've got

I need to stop my excuses and have a real conversation

Need to look in the mirror, stop findin' things that need changin'

Need to stop gettin' drunk, to avoid this situation

I need to stop, lettin' myself down

And I'll try something that I've not before And like myself a little more now

Oh I, I've got an attic full of damage in my mind And I box it up, say I'll deal with it another night And I have a problem lookin' people in the eye Oh, isn't that funny?

There's a list of things that I should stop
List of things that I should stop
List of things that I should not be doin' but I do 'em
It's a pattern that I've got

I need to stop my excuses and have a real conversation

Need to look in the mirror, stop findin' things that need changin'

Need to stop gettin' drunk to avoid this situation

I need to stop, lettin' myself down

And I should shut up and listen, not tryin' fill every silence I should stumble in love, instead of runnin' and hiding I should stop gettin' drunk and showin' up uninvited I need to stop, lettin' myself down

And I'll try something that I've not before

Oh I'm a master at dancin' around the point
And I know I call you, but I hate the sound of my own voice
So can you talk? You know I'm stackin' up
Until the night I'm not enough
And you're just someone else I disappoint

I need to stop my excuses and put my feelings in order Need to look in the mirror and stand a little bit taller Need to stop gettin' drunk, as a reason to call you I need to stop, lettin' myself down

Oh, I should shut up and listen, not tryin' fill every silence I should stumble in love instead of running and hiding And I should stop getting drunk and showing up uninvited

I need to stop lettin' myself down

And I'll try something that I've not before And like myself a little more now