Your silence is a curse
You always seem to break me down, down, down
My swollen heart you curve
Your comfort makes it worse
I don't want you around, 'round, 'round, 'round

Cause how is the man of my dreams not a man of his words? And how is the man for me just a man that makes me hurt?

It's time to take my own
Take my own advice, take my own advice
Need me to take my own
Take my own advice, take my own advice

I almost lost my mind
I left myself behind
I almost crashed and fell right from the sky
I took a chance on this
I took too big a risk
And now I'm left with pain to get me high

Cause how is the man of my dreams not a man of his words? And how is the man for me just a man that makes me hurt?

It's time to take my own
Take my own advice, take my own advice
Need me to take my own
Take my own advice, take my own advice

You had to break me, take me
To make me better
But I had to save me, baby
Now or never

Cause how is the man of my dreams not a man of his words? And how is the man for me just a man that makes me hurt?

It's time to take my own
Take my own advice, take my own advice
Need me to take my own
Take my own advice, take my own advice

Take, own, ooh, ooh
Take, own, ooh, ooh