All the lying and cheating will surely bite you Dishonesty tears you apart and will eat you All the anger and pain and the suffering and the shame And the voices in your brain will surely haunt you

Let the guilt go, let the guilt go, let the guilt go, let the guilt go

I tell you one thing which leads to another thing Then I backtrack which leads to hurt feelings Then my brain spins off of fucking everything When this happens I can't break through

All the anger, the pain and the suffering, and the shame And the voices in your brain will really haunt you

Let the guilt go, let the guilt go, let the guilt go, let the guilt go

I tell you one thing which leads to another thing Then I backtrack which leads to hurt feelings Then my brain spins off of fucking everything When this happens I can't break through

Now we waste our lives away Letting guilt lead the way

I'm such a stupid fuck
Listening to my head and not my gut
Constantly thinking and thinking and thinking
And thinking and thinking

Now we waste our lives away Letting guilt lead the way

I tell you one thing which leads to another thing Then I backtrack which leads to hurt feelings Then my brain spins off of fucking everything When this happens I can't break through

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