

You won't get any respect from me
If you open up your mouth and shout at me
There's no point without decency
You're not helping

It won't stand a little scrutiny
If you look into my eyes and lie to me
There's no point without honesty
You're not helping

Yes, you think that you have all the answers
And that rules don't apply to you
Yes, I wish you would come to your senses
Realize what we're going through
And you think this has all been connected
Orchestrated to undermine you
Do you want me to think you were stupid?
You're not helping, you're not helping

You dare to challenge my point of view
That is based on facts, but you already knew
It makes it hard for me to process too
You're not helping

Accusing me that I would silence you
Go ahead and speak your mind like you always do
You play the victim, I thought I knew
You're not helping

And you thought that you'd have to go violent
'cause your arguments always fell through
Well it pains me to see how you're blinded
Amplified by things you don't see through
Can't you see this downward spiral
The effect that it has on you?
I don't want you to think you're stupid
You're not helping, you're not helping

And you thought that you'd have to go violent
'cause your arguments always fell through
Well it pains me to see how you're blinded
Amplified by things you don't see through
Can't you see this downward spiral
The effect that it has on you?
I don't want you to think you're stupid
You're not helping, you're not helping