

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