

# lower

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And they say  
They say that it's only up from here  
But I've hit  
A new rock bottom every single year

I've been trying to find a reason  
Not to stop myself from leaving  
But life feels like one big inconvenience  
Then you die anyway  
And I've tried every medication  
I've tried guided meditation  
I've tried going on vacation  
Then I'm still sad  
I'm just on the beach

And they say  
They say that it's only up from here  
But I've hit  
A new rock bottom every single year  
Little do they know  
I can always go  
Lower

I wanna rip the skin off my body  
Cause I hate the way that it feels on me  
Going through the motions like a zombie  
I can't wait for the apocalypse  
I know all my friends are getting scared now  
Cause I can't seem to find a way out  
My therapist is asking me to hang out  
I just might take her up on that

And they say  
They say that it's only up from here  
But I've hit  
A new rock bottom every single year  
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Lower

I keep trying to kill myself  
But I keep waking up  
Hid my letters, take my pills  
I guess I'm never taking up  
They say the only way is up  
But the ground keeps getting closer  
They say it will go back up  
It keeps on getting slower  
I can always go lower