

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
Little do they know
I can always go
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