Get a grip, on myself, 'cause my unconscious is killing us She's neglected, subdued, an angry child, holding court

What is it going to be? You gonna make up your mind now? What is it going to be? Cause it's all or nothing What is it going to be? You gonna show up and try now? What is it going to be? It's all or nothing

We sail on, years in, half a lifetime, come and gone If we want this, we must be brave, speak truth, listen

What is it going to be? I'm waiting on my own life now What is it going to be? Cause it's all or nothing What is it going to be? Are we getting inside the car now? What is it going to be? It's all or nothing

Holding, hurting, surviving
Escaping, failing, humbling
Cause I'm trapped upon this cycle on repeat

What is it going to be? Every day is life or death now What is going to be? Cause it's all or nothing What is it going to be? I'm waiting on my own life now What is it going to be? Cause it's all or nothing It's all or nothing It's All Nothing