Maybe I'm just always overreacting
But lately I've been feeling so out of practice with everyone
Can't put up with anyone
When you're left
In your own mess
It's not my problem
You lash out
Start to freak out
Find help
From somebody else
Who likes the drama
You pass your trauma to me

So beat me like a punching bag
I can take more hits than you'll ever get
Watch me bleed
Into nothing
I'm already dead
So beat me like a punching bag

I won't even dignify you with response
It's engagement that you're craving, It's what you want
You're portayin' innocent saint, way you flaunt
While you're pacin over graves paved in your vault

Could be something you said
Calling yourself a friend
I just want it to end
Cuz you keep beating me down
Find help
From somebody else
You pass your trauma to me

So beat me like a punching bag
I can take more hits than you'll ever get
Watch me bleed
Into nothing
I'm already dead
So beat me like a punching bag

When you're left in your own mess You lash out Don't pass your trauma to me So watch me bleed into nothing Cuz you can't put it to rest Soon you'll have nobody left

So beat me So beat me

So beat me like a punching bag
I can take more hits than you'll ever get
Watch me bleed
Into nothing
I'm already dead
So beat me like a punching bag

So beat me like a punching bag
I can take more hits than you'll ever get
Watch me bleed
Into nothing
I'm already dead
So beat me like a punching bag

(So beat me like a punching bag So beat me like a punching bag...)