Paradox and sensation Cause and effect, dig myself in a wreck No point of existence, don't wanna keep my head on straight Stay the fuck away Rather be at home and decay Rather do nothing Rather do nothing all damn day Guilt follows me like a man with a trap I'm almost always the rat I can't hold myself accountable Do the wrong thing at the wrong time It's just the way life goes Episode after episode Reality after reality Quiet in my room for so long not doing what I want Never try you'll never fall Can't be perfect can't do it all Never try, you'll never fall I regress My own doing my own fault my life's a mess No more rat No more trap Holding myself accountable Episode after episode!