Red labeled holy water
Three sheets til I forget
And I carry on until carried out
This monster in me hasn't slept

I drown out the demons that mess with my head Drown out the evil that lays in my bed Drown them all out when they're holding my heart Drown them all now when I'm breaking apart

Oh and every time I promised
Oh I swear I tried my hardest
The further I sink, the more violent I land
The man takes a drink, then the drink takes the man
Oh I swear I tried my hardest

I make art like scars and craters Counting holes punched through the walls And I carry on until I'm carried out The monster in me hears it all

I drown out the demons that mess with my head Drown out the evil that lays in my bed Drown them all out when they're holding my heart Drown them all now when I'm breaking apart

Oh and every time I promised
Oh I swear I tried my hardest
The further I sink, the more violent I land
The man takes a drink, then the drink takes the man
Oh I swear I tried my hardest

Grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And the wisdom to know the difference

Twelve steps forward and twelve steps back Self-induced from a paper bag
Twelve steps forward and twelve steps back
Again and again and again and again

And then I flirt with suicide
In my intoxicated haze
These knuckles aren't a shade of white
Needed in the fight to hold my self-restraint

Oh and every time I promised
Oh I swear I tried my hardest
The further I sink, the more violent I land
The man takes a drink, then the drink takes the man
Oh I swear I tried my hardest
Oh and every time I promised
Oh I swear I tried my hardest