

# I Do This All The Time

## Self Esteem

Look up, lean back, be strong  
You didn't think you'd live this long  
Be as one, hold on, steady stand  
For as long as you think you can

Old habits die for a couple of weeks  
And then I start doing them again  
This sun is making me feel like I'm missing out on something  
But if I went to your barbecue  
I'd feel uncomfortable and not be sure what to say anyway  
It's like when I go to your birthday  
Drinks to congratulate you being the age I already thought you were  
Or not, I don't know  
It's a miracle, I've remembered at all  
When I'm buried in the ground  
I won't be able to make your birthday drinks  
But I will still feel guilty  
You see, when the air warms up like this  
It brings every single memory of you back  
And it makes me so sick, I can't breathe  
Except I am still breathing, aren't I?  
Sometimes I think that's the problem

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Be very careful out there  
Stop trying to have so many friends  
Don't be intimidated by all the babies they have  
Don't be embarrassed that all you've had is fun  
Prioritise pleasure  
Don't send those long paragraph texts  
Stop it, don't  
Getting married isn't the biggest day of your life  
All the days that you get to have are big  
Be wary of the favours that they do for you  
They'll tell you I'm wrong, they'll tell you (I do this all the time)  
They'll tell you I'm wrong, they'll tell you (I do this all the time)

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All you need to do, darling, is fit in that little dress of yours  
If you weren't doing this you'd be working in McDonald's  
So try and cheer up, I'm not sure  
You're moving around too much, you need to stand still  
Be more like Mairead, shh  
Stop showing off  
You're a good girl  
You're a good, tall girl  
You're a good, sturdy girl  
One day I would love to tell you  
How the best night of your life

Was the absolute worst of mine

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Now and again you make complete sense  
But most of the time I'm sat here feeling stupid for trying  
My hunger times, my impatience equals the problem  
You're beautiful and I want the best for you  
But I also hope you fail without me  
It was really rather miserable trying to love you

I'll take care, I'll read again, I'll sing again, I will  
I'll take care, I'll read again, I'll sing again, I will  
We laid there in the darkness and you were asleep  
And I wasn't checking my phone for a moment and I felt-