

## A Wreck (A Mess)

### SPRINTS

Oh, it's another nice day  
To sit and stare in the dark and contemplate  
My head is full  
But there's lots of space  
Why am I always late?  
Life's a party but I didn't ask for a dinner date  
My mind is starved  
For better days

And can you hear that sound?  
Can you hear that silence?  
Can you hear it surround?  
How it invites violence?  
Can you hear that sound?  
Can you hear that silence?  
Can you hear it surround?  
And how it invites violence on me?

And I say yes  
And I say yes  
I'm such a mess  
I'm such a wreck  
Can you please stop the pace?

"You know you're crazy, just go put on a brave face"  
Says the pauper to the priest  
Or reflection at least  
"Can you please not pace?  
Just go put on a brave face"  
Says the pauper to the priest

Is everyone a wreck?  
Is everyone stressed?  
Could I even pass my own damn Bechdel test? And I say

And I say yes  
And I say yes  
I'm such a mess  
I'm such a wreck  
And I say yes  
And I say yes  
I'm such a mess  
I'm such a wreck

Can you hear that sound? (And I say yes)  
Can you hear that silence? (And I say yes)  
Can you hear it surround? (I'm such a mess)  
How it invites violence? (I'm such a wreck)  
Can you hear that sound? (And I say yes)  
Can you hear that silence? (And I say yes)  
Can you hear it surround? (I'm such a mess)  
And how it invites violence on me? (I'm such a wreck)