

Tell Me Why I'm Okay

The Frights

There's nothing like a healthy dose of reality
From the words on my computer and the cable TV
Everyone gets lucky so I guess I should chill
But if everybody's dead there's no one left to kill

You crawl across the kitchen eat your food on the floor
You cover up the window and you lock up the door
You're terrified of nothing as you weep through the day
Masturbate to memories 'til you're not afraid

There's a piece of me breaking inside everyday
It can't wait it can't wait to get out
Cause if the storm ahead's looking for someone to take
I can't wait I can't wait to get out

You spit out all the medicine they told you to take
There's nothing that can fix you if there is then it's fake
She says your spasms are genetic the depression will heal
Well I don't need no one to tell me how I should feel

You told your family that you should have stayed in the closet
Well you tried to get back in I had the key but I lost it
You're freaking out you calm down and you freak out again
And when you're hanging from the ceiling nothing else can be said