

## guilt

thrown

I can't forgive myself for the things I've done  
It's like every bad decision I've made  
Has led me to this point  
Guess it's all my fault  
That I've grown into a man I hate  
And now I'm all alone  
Blame it on me  
This excessive guilt is making me feel sick  
And I can't seem  
To escape my own reality

Give me a break

I've had enough of all the fucking what-ifs  
And constant overthinking  
'Cause I'm about to lose my mind over some stupid shit  
Trying so hard to accept  
My mistakes, my regrets  
Yet here I am with the same thoughts  
Stuck in my head

So go ahead and blame it on me  
I already do anyway  
It's just who I am

I'm unable to change  
The way I think  
A broken record of the same old things  
I've tried to bury  
And I know it doesn't make any sense  
But I can't forgive what I can't forget

'Cause of the guilt that keeps on weighing me down  
It's like my (it's like my)  
Inner voice is telling me lies  
So now I'm (so now I'm)  
Fighting every feeling inside  
Before I spiral down to where I wanna fucking die

Always ending up in the same place  
Over and over again  
Damn, I just can't believe I am  
Always ending up in the same place  
Over and over a-

I wish I could forget all that I've done wrong  
It's like every bad decision I've made  
Has led me to this point  
And now I'm all alone  
Without knowing what to do or say  
It's hard to explain  
But it's so easy being hard on yourself when you're not well  
And to turn to self-blame  
When it's in your DNA

Blame it on me  
This excessive guilt makes me feel sick

And I can't fucking seem  
To set myself free