Sunday scaries, always creeping
3am, I'm never sleeping
Drink too much, he's goddamn weak
And I know I'm wasting my time
I think I'm losing my mind
Oh I'll never drink again (Oh no)

Sunday scaries, on a hot streak
Spend my pay in less than one week
Lost my card and cut my left cheek
My sheets are drenched and they reek
My girlfriend don't want to speak
Oh I just won't drink again

I swear to god, I'll quit the whole thing All of the drugs and all the stupid parties Even the women, flush them out of every vein Just get them out of my brain

Sunday scaries, got me thinking
All my dreams are slowing sinking
Chance to change just slowly shrinking
I'll always be a deadbeat
I'll have to live on the street
And I'll never sleep again

I swear to god, I'll quit the whole thing All of the drugs and all the stupid parties Even the women, flush them out of every vein Just get them out of my brain

I'm ready to change, I'm ready to change
Pull yourself together, well it never lasts
Come tomorrow morning, well it's gonna pass

Oh I swear to god, I'll quit the whole thing All of the drugs and all the stupid parties Even the women, flush them out of every vein Scare them out of my brain

Sunday scaries, always creeping 3am, I'm never sleeping