

My therapist ain't feelin it  
He needs a break, thinks he should quit  
Boy suck it up and deal with it  
You a lazy bones, need to get a grip cuz  
I'm struggling, I'm not gonna lie  
What am I paying you for?

Cry your filthy heart out  
What are you so mad about?  
Unless there's thin ice, we don't skate  
Stuck in a generation we hate  
It leaves a bitter taste  
So we all just stay the same

So I freshened up and cleaned a bit  
I started eating Weetabix  
Still fuck it up but I roll with it  
Cling onto my relationships but, why?  
We've all got problems, what about mine?  
What am I paying you for?

Cry your filthy heart out  
What are you so mad about?  
Unless there's thin ice, we don't skate  
Stuck in a generation we hate  
It leaves a bitter taste  
So we all just stay the same  
Cry your filthy heart out  
What are you so sad about?  
Unless there's thin ice, we don't skate  
Stuck in a generation we hate  
It leaves a bitter taste  
So we all just stay the same

Boy open up or things only get harder  
It comes and it goes, it stems back to your father  
The man who'd stay clear unless I won the lottery  
I would rather stick it back in economy  
Some to my friends, I know they think a lot of me  
You think I owe you, you need a lobotomy  
I hope you quiver with guilt at the thought of me  
(Breathe) Let it all out man

Cry your filthy heart out  
What are you so mad about?  
My therapist ain't feelin it  
Ain't feelin' it  
Ain't feelin' it (God help me)

Cry your filthy heart out  
What are you so mad about?  
Unless there's thin ice, we don't skate  
Stuck in a generation we hate  
It leaves a bitter taste  
So we all just stay the same  
Cry your filthy heart out  
What are you so mad about?

Unless there's thin ice, we don't skate  
Stuck in a generation we hate  
It leaves a bitter taste  
So we all just stay the same

This song is not a cry for help  
It's a cry for attention  
We can have a bad day without being put on the spectrum  
We are all the same  
And we can sing like  
(Na na na na na naa naa naaaa)  
Hey hey