

It's beautifully haunting, I hear it again  
I love being taunted by birds and their friends  
And I, I can't ignore it, but God knows I tried  
I'll turn on the TV and close all the blinds

And it hits me like an awful trip  
I can't afford the consequence  
I lie awake inside the grave I dug

But you did it to yourself  
The villain of your own damn story  
Bottom of the shelf  
Praying for the end of the morning  
And if you wanna leave  
You know how to burn that canvas  
But you don't wanna see, yeah, you don't wanna see  
What it's gonna look like after

Over and over, the same old routine  
I'll try trading a headache for Tylenol, three



But it's out of my hands now, I made myself sick, yeah

I wish I could give it up

But it hits me like an awful trip

I can't afford the consequence

I lie awake inside the grave I dug

But you did it to yourself

The villain of your own damn story

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