

I got wasted 'cause I didn't wanna deal with myself tonight. My thoughts get drowned until I feel alright.  
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Repeat the cycle everyday, I gotta start with a drink.  
My life been gettin' sorta crazy, and I don't wanna think.  
I look myself right in the mirror, and I don't even blink,  
Then I get angry, take the rest, and pour it right in the sink.

I know where this road goes. Alcohol ain't my friend,  
But I keep drinkin' 'cause these demons roam and follow me 'round everywhere I go.  
It clouds my mind and soul, it turns my heart cold,  
But I keep drinkin' 'cause it makes me feel like I'm not alone.

I'm havin' problems, my pride won't let me reach out. Lookin' at this bottle, havin' nothin' but doubt.  
Don't wanna drink, but it keeps comin' around and around and around.

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I know I need to quit (I need to quit). I gotta do better (I gotta do better).  
Example to these kids (example to these kids) 'cause they watchin' when I'm there, but I'm scared.  
'Cause I've been chasin' the man that I am when I start to drink.  
He's cocky confident, and he don't give a damn what you think.  
This world is beatin' me down, and it's pushed me right to brink.  
I take a shot every time because, man, it helps me escape.

I'm takin' care of these people, but no one takes care of me.  
I want to talk to somebody, but I feel no one relates.  
I need better now, I think I've lost my way.  
I'm havin' battles with faith, it's painted right on my face.

I hope better times are comin', no chase, but I'm still runnin'.  
I gotta take control, and I won't stop for nothin'.  
Dear God, this is my test, promise that I'll do my best.  
Just help with this pain I feel, and pressure that is on my chest.

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