

## **30 Foot Fall "Better Off Dead"**

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I woke up surprised and disappointed  
To find out I was still me,  
Last night should've killed me.  
Took a shower couldn't scrub it off  
Tried to scream, I could only cough  
I can't trust myself to be my own friend.  
Exhausted by the effort it takes to breathe,  
The Whole world is against me  
That's what I believe,  
Don't waste your empathy on me

[Chorus]

I'm through puttin one foot in front of the other  
I'm do wanna run for cover  
From the moment I wake up til I'm  
Starin at the ceiling trying to sleep  
I wonder if I have a soul to keep.

Voices in my head will not turn off  
There's a heavy weight on top

Of my chest today,  
I don't want it to go away because,  
The moment I let down my guard,  
Life will hit me twice as hard  
My mistake, I thought I could have  
Just one day off  
From pushing boulders up steep hills,  
Playin in traffic for cheap thrills  
I don't know what to do  
That's why I'm tellin you that

[Chorus]

Sometimes there's nothing on my mind  
But everything at one time  
Find me sliding backwards down  
To where I don't want to be found  
Stop with these tests give me some rest  
My heart is beating right out of my chest  
I do believe I have a soul to keep.

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