

Evan Dando

"Why Do You Do This To Yourself?"

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You stayed awake for 14 days and then you slept a
week

Why do you do this to yourself?

You drank out on the fire escape until you couldn't
speak

Why do you do this to yourself?

Why do you do this to yourself? Refusing any kind of
help

You're not hurting no one else, that you can see

Why do you do this to yourself? If you knew just how it
felt

You're not hurting no one else 'cause you can't see

You'll stay up again I'm sure, I won't be losing sleep

Why do you do this to yourself?

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