

Dag Nasty "Exercise"

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I'm irresponsible
I'm irrational
It's irreversible
what are you gonna do!
And if it's in my head
And if I'm just paranoid
I guess it's just jealousy
when it comes to you
But you'll never guess
it's like exercising
when I try to disguise it
I avoid your eyes
you'll never know
Inside
I can't stand it at all
when every word is a lie
but I go through it all
Lies are just exercises
And I can't help myself
because I've always lied to myself
I've had to fake so much
what are you gonna do?
And if you see through it all
and I can't excuse myself
I think I need your help
to see me through
What are you gonna do?
Lies are just exercises

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