

## Switchfoot

### "Mess On Me"

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I am my own affliction  
I am my own disease  
There ain't no drug that they could sell  
Ah there ain't no drugs to make me well

There ain't no drugs  
It's not enough  
There ain't no drugs  
The sickness is myself

[Chorus]

I made a mess of me I wanna get back the rest of me  
I've made a mess of me I wanna spend the rest of my  
life alive  
I've made a mess of me I wanna reverse this tragedy  
I've made a mess of me I wanna spend the rest of my  
live alive  
The rest of my life alive!

We lock our souls in cages  
We hide inside our shells  
It's hard to feed to the ones you love  
Oh when you can't forgive yourself  
Yeah forgive yourself!

There ain't no drugs  
There ain't no drugs  
There ain't no drugs  
The sickness is myself

[Chorus]

I made a mess of me I wanna get back the rest of me  
I've made a mess of me I wanna spend the rest of my  
life alive  
I've made a mess of me I wanna reverse this tragedy  
I've made a mess of me I wanna spend the rest of my  
live alive  
The rest of my life alive!

There ain't no drug  
There ain't no drug

There ain't no drug  
No drugs to make me well  
There ain't no drug  
It's not enough  
We're breaking up  
The sickness is myself  
The sickness is myself

[Chorus]

I made a mess of me I wanna get back the rest of me  
I've made a mess of me I wanna spend the rest of my  
life alive  
I've made a mess of me I wanna reverse this tragedy  
I've made a mess of me I wanna spend the rest of my  
life alive  
The rest of my life alive

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