

## Underoath "In Regards To Myself"

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Wake up, wake up, wake up  
This is not a test  
It's time to me to come clean  
To get it off your chest

So, steady your hand before your face  
And concentrate  
There's gotta be some stable ground  
We have to walk on

So, tear another page from the book  
Are you asleep or just alone?  
Clear this room from your lungs

Pull yourself together  
Pull yourself together, man  
Pull yourself together  
Pull yourself together  
On your back

You're sleeping in a bed of shame  
Let the light breathe some  
New life into this room  
It's what keeps you coming back

Made up of insatiable songs  
Bury your head in your hands  
Then sing it to yourself, oh

Just what are you so afraid of?  
What are you so afraid of?  
You're staring truth in the face  
So, come on down  
What are you so afraid of?

You're busy living now, aren't you? No  
You're busy making vows  
You're coming unglued

Time is shorter than you know  
I know the light is blinding to the naked eye  
So, why don't you take steps away from being alone?

I swear, it's not too late for you

It's all worth reaching for  
It's all worth reaching for  
It's all worth reaching for  
The hands will pull you out

It's all worth reaching for  
The hands will pull you out

Wake up, wake up, wake up  
And step outside your box  
Wake up, wake up

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