

# Underoath

## "My Deteriorating Incline"

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Where am I  
Someone please turn on the lights  
I'm not fine I'm not fine  
How can I find my way  
From this little cellar they call life

Down here I tear out my veins  
And tie them to the chair  
This goes on and on and on  
Unraveled in contortions, I run for the door  
This goes on and on and on

Hold on, hold on  
Hold on to my own destruction  
I fall face first, I fall face first  
Watch me descend, I'm on display  
This cycle of human decay

I feel it lurking in the corners  
I watch it tracking up my arm  
I am the anchor, I am the anchor  
I am the anchor, I am the anchor

Bound to my existence  
Bound to my existence

Oh, I make peace  
With the parasites I live among  
Paralyzed I watch them colonize  
As I sit here and just fall apart

The beggars and choosers are all the same  
The default reaction will never change  
So I catch a glimpse of my own reflection  
From a shard of glass left on the floor

The beggars and choosers are all the same  
The default reaction will never change

It's time to restart  
Reassemble what's left of my body  
It's time to restart

Pick me up and walk away

Uproot the anchor  
Uproot the anchor  
Uproot the anchor  
Uproot the anchor

Walk right out the door  
Walk right out the door

I'll change for the better  
It can't get much worse  
I'll swallow my own pride  
And then accept defeat  
Accept defeat, accept defeat

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