

## 40 Below Summer "Suck It Up"

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One more time to dig into my skin  
You'll ignite, so I can burn again  
Sick like that, you'd better walk away  
Set to snap before I demonstrate

Played on this, you split me open  
Preyed on this raw emotion  
And force feed me until I'm bloated  
To swallow these open throated

I can't feel this way, so ordinary  
Wrapped in all this pain  
Distorted everyday and I can't breathe  
You've suffocated me and all my needs  
And I can't scream again

Break me down, I'm breaking mentally  
Break me down, I'm breaking everyday  
Cover me, yes, I've had enough  
Smother me, you better let me up

Eyes on this psycho explosion  
Your silent wish for my erosion  
Bent on determination  
And mental evisceration

I can't feel this way, so ordinary  
Wrapped in all this pain  
Distorted everyday and I can't breathe  
You've suffocated me and all my

Why can't you leave me alone  
(No way)  
Stripping me down to the bone  
(Don't say)

Why can't you leave me alone  
(No way)  
Stripping me down to the bone

Force-fed and inbred and stunted  
(Suck it up)

Y'all made me feel so unwanted  
(Suck it up)

Get off my case 'fore I make you  
(Suck it up)  
Get out my face 'fore I break you  
(Suck it up)

Stain, change, range  
(Suck it up)  
Maim, aim, blame  
(Suck it up)

Vacate now  
(Suck it up)  
Take you out

I can't feel this way, so ordinary  
Wrapped in all this pain  
Distorted everyday and I can't breathe  
You've suffocated me and all my needs  
And I can't scream again

Again, again  
(Suck it up)  
Again, again, again  
(Lick it)

Again, again, again  
(Suck it up)  
Again, again, again

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