

**(AMB)**  
**"Calm Down"**

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Otis:

I'm alone, I'm holding my chrome  
And I have become  
The only one that sees what is really there.  
I hate that I'm scared, but who really cares?  
I tell 'em and for me all they have is blank stares

And I can just see it now, me jumpin' off the stage right  
into the crowd  
I beat the shit out of a kid and when I got backstage  
I licked the blood off my hands that I took from his face  
I start to thinkin': why did I just do that?  
I got a demon on my shoulder, ain't no monkey on my  
back  
And this demon's with my now, she's writing these  
rhymes  
And only time will tell if I can put her in hell  
And it's swell.  
People tell me I'm so lucky  
Six of the hottest bitches waitin' to fuck me  
And I feel pathetic  
And the thing's that's odd - maybe another vicodin will  
bring me closer to God.

Chorus x 2:

I cannot - Get ahold of myself  
Just cannot - Get ahold of myself  
I cannot - Get ahold of myself  
I have lost control of myself

Shaggy 2 Dope:

I'm afraid of the dark and I'm afraid of the light  
And I'm afraid that I might've killed a motherfucker last  
night  
I don't know, I'm just somehow bloody  
Feels like I just stuck somebody  
Bad dreams, I'm crippled in the forehead.  
I gotta be. It takes up a lot of me.  
You probably need a lobotomy (right)  
Lookin' in the mirror I scare the shit outta me.  
And I finally can't afford no pills  
Layin' in the dark, sweatin' out night chills

Night spills into the dawn  
Blood spills into the lawn  
I don't wanna go any place anymore  
Don't nobody care about a dumb dead shitty whore  
It's just me, myself, and I  
At war with each other until we die

Hook:

Otis:

You, you belong to me (it's just me, myself, and I, at  
war with each other until we die)  
I forever own your sanity (it's just me, myself, and I, at  
war with each other until we die)

Bonez Dubb:

I feel it in my chest and I can't breathe  
Don't know what the fuck I need  
I try to take all my pills, til they all was gone  
It's just me and myself don't really get along  
I feel it in my head and I can't see  
Start trippin' when the world comes fallin' on me  
I got a pain and it spreads through my head  
Make friends? Man, I'd rather just kill you instead  
And then nothin' -  
I'm gonna be alright  
If nobody takes me out than how can my own mind?  
I'm gonna fight this, I'm gonna get somebody close  
To keep me out of comatose  
But then it starts up  
I try takin' a breath  
Please, God, keep me away from death  
My life, I cant see bein' a very long ride  
Insanity won the fight so I'll die tonight

Chorus x 2:

I cannot - Get ahold of myself  
Just cannot - Get ahold of myself  
I cannot - Get ahold of myself  
I have lost control of myself

Violent J:

Boom! It's been four years of decline  
The mind can't exist alone on rewind  
But nothin' happens anymore to me  
Nothin' that I wanna store as a memory  
Livin' alone, hidin' in the back room.  
Four times a day a run the vacuum  
It's dirt outside tryin' to make it's way in  
I gives a fuck if you feel what I'm sayin'  
I'm over-powered in the head by emotions  
A terrifying sadness with panic explosions

I tried prayin', but I conjured a demon  
It's head popped outta my chest and started screamin',  
You, you belong to me!  
I tried prayin', but I conjured a demon  
It's head popped outta my chest and started screamin',  
I forever own your sanity  
I tried prayin', but I conjured a demon . . .

Chorus x 8:

I cannot - Get ahold of myself  
Just cannot - Get ahold of myself  
I cannot - Get ahold of myself  
I have lost control of myself

Hook throughout

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