

# Iodine

Sean McCann

I say I wanna be healthy, but I turn up the noise  
The IV drips a steady stream of poison  
I think I'm just in love with the feeling  
Break my bones so I can feel them healing  
"Crazy" is, I believe, the medical term  
When we wanna recover, but we don't wanna learn  
Keep breaking what's been fixed a thousand times  
And gimme some more of that iodine  
I can't make reality connect  
I push till I have nothing left  
But if we want to wake up,  
Why we still singin' these lullabys?  
I'll run in circles till I crash  
One day these steps will be my last  
But if we want to wake up,  
Why we still singin' these lullabys?  
I say I wanna be happy, but I quickly forget  
Will I sabotage all the good I've got left?  
Depression's like a big fur coat,  
It's made of dead things but it keeps me warm  
"Crazy" is, I believe, the medical term  
When we wanna recover, but we don't wanna learn  
Keep breaking what's been fixed a thousand times  
And gimme some more of that iodine

I can't make reality connect  
I push till I have nothing left  
But if we want to wake up,  
Why we still singin' these lullabys?  
I'll run in circles till I crash  
One day these steps will be my last  
But if we want to wake up,  
Why we still singin' these lullabys?  
I don't like pain, but I bring it to life  
I don't like scars but I am good with a knife  
I don't like tears when I'm starting to cry  
And then I realize I'm destroying my life  
I do this to myself  
I do this to myself

Stop blaming someone else  
We do this to ourselves  
I can't make reality connect  
I push till I have nothing left  
But if we want to wake up,  
Why we still singin' these lullabys?  
I'll run in circles till I crash  
One day these steps will be my last  
But if we want to wake up,  
Why we still singin' these lullabys?  
So if we want to wake up,  
Why we still singin' these, why we still singin' these lullabys?

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