

# Pump Up The Valium

**NOFX**

One time weekly rate  
12 by 12 foot room  
Strapped down to the bed  
Now pump up the valiumMy mind is wide asleep  
My conscience deep awake  
The promises I keep  
Are not the ones I makeI count the caustic causes  
I lost count of regrets  
A surplus of good intentions  
Don't provide me with content  
All I want is just a little contentOne time monthly rate  
Still no breathing room  
Pressure's building up  
So pump up the ValiumI choose the beaten path  
I've been to where it leads  
Why I keep coming back  
A mystery to meI found what I've been seeking  
It's too late for me to care  
My aspiration's leaking  
From a hole I can't repair  
Maybe I just don't want it repaired

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