

# Why Do You Do This To Yourself?

[Evan Dando](#)

You stayed awake for fourteen days  
And then you slept a week  
Why do you do this to yourself?  
You drank out on the fire escape  
Until you couldn't speak  
Why do you do this to yourself?

Why do you do this to yourself?  
Refusing any kind of help  
You're not hurting no one else  
But you can't see  
Why do you do this to yourself  
If you knew just how it felt?  
You're not hurting no one else  
Cause you can't see

You'll stay up again, I'm sure  
I won't be losing sleep  
Why do you do this to yourself?

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