

# yourself

Tim Arnold

You're ritual everyday  
A mild shower soak in aftershave  
Best clothes do your best  
Look in the mirror, go on  
Belittle yourself, yourself, yourself  
Belittle yourself, yourself, yourself  
You go on day after day, oh  
Dreaming on a lie  
That you keep locked inside  
Of yourself, yourself, yourself  
Of yourself, yourself, yourself  
Can you sleep tonight?  
Cast aside for some pouting young pup  
Sink into a slurred veneer  
Alcoholic haze so now  
Least you can like yourself, yourself  
Least you can like yourself, yourself  
You go on day after day  
Reservoirs of guilt  
That your fixed grin always hides  
And yourself, yourself, yourself  
Of yourself, yourself, yourself  
And yourself, yourself, yourself  
Of yourself, yourself, yourself  
You look at ad's all day  
Everyone is perfect and you're so lame  
Free scent burns your skin  
But no smell can really cover sin  
Too many teenage holes to fill  
Too many teenage holes to fill  
You go on day after day, oh  
Speak to your despised  
Blanking your loved ones  
And yourself, yourself, yourself  
And yourself, yourself, yourself  
And yourself, self

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