

# Self Help

## Duologue

Breathe in good, breathe out bad  
Remind yourself of the things you have, it's easy  
Pull a smile onto your face  
Understand that making friends is easy  
So tell yourself it will be okay  
Remind yourself that you're not just in it for the money  
The end, the end, the end, the end, the end  
My friend, where's the end?  
You're up, you're down  
You're in the ground in the end, my friend  
Where's the end?  
I've found myself, deep down in the dirt  
I got to get myself to my feet, yeah  
So tell myself it will be okay  
Remind myself that I'm not just in it for the money  
The end, the end, the end, the end, the end  
My friend, where's the end?  
You're up, you're down  
You're in the ground in the end, my friend  
Where's the end?

Lyrics provided by

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