

# Forward Motion

## Relient K

I've been banging my head against the wall  
For so long it seems I knocked it down  
Yeah it got knocked down  
And the heating bill went through the roof  
And the wall I knocked down was the proof  
That my landlord needed to kick me out  
I got evicted now I'm living on the street  
My spirits lifted, oh wait, that wasn't me  
Too many turns have turned out to be wrong  
This time I learned that, I knew it all along  
When car crashes occur  
Then I'll be what you were  
When I see what I should  
When I see that it's good, that it's good  
To experience the bittersweet  
To taste defeat then brush my teeth  
Experience the bittersweet  
To taste defeat then brush my teeth  
'Cause I struggle with forward motion  
I struggle with forward motion  
We all struggle with forward motion  
'Cause forward motion is harder than it sounds  
Well every time I gain some ground  
I gotta turn myself around again  
It's harder than it sounds  
Well every time I gain some ground  
I gotta turn myself around again  
I've been banging my head against the wall  
For so long it seems I got knocked out  
Yeah, I got knocked out cold  
And the medical bills went through the roof  
And the scar on my head is the proof  
That I'll still remember this when I get old  
I got evicted now I'm living on the street  
My spirits lifted, oh wait, that wasn't me  
Too many turns have turned out to be wrong  
This time I learned that, I knew it all along  
When I grasp the concept  
Then I'll sleep where you slept

When I know I need help  
When I allow myself, allow myself  
To experience the bittersweet  
To taste defeat then brush your teeth  
Experience the bittersweet  
To taste defeat then brush your teeth  
'Cause I struggle with forward motion  
I struggle with forward motion  
We all struggle with forward motion  
'Cause forward motion is harder than it sounds  
Well every time I gain some ground  
I gotta turn myself around again  
It's harder than it sounds  
Well every time I gain some ground  
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'Cause I struggle with forward motion  
'Cause I struggle with forward motion  
We all struggle with forward motion

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