

Paranoia

Swollen Members

It's all in your head, you need to unwind
Your losing your grip, the paranoia never ends
It's all in your head, what you see in your mind
There's no reason to trip, the paranoia never ends Sometimes I stare at the wall when I'm all alone in my room
I'm an abusive, reclusive like Dr. Doom
Parts of darkness, consent and consume me
You won't believe the gloomy thoughts that run through me I'm poof, playin' heads when you spend the night
You leave the next day like, "I don't think his heads on right"
Try to talk to myself but I don't listen
I got split personalities and competition And which ones the man that ah, I've got issues
I could be standin' in front of your face an I'm not which you
Schizophrenia's, Shayne's brain distorted
Sorta, compulsive obsessive disorder Mathematical pattern, addict with the cleft mind
Before I go to bed I hit the light-switch 7 times
Yes, um, never mind put that knife back
Mad child, I'm outta my mind but I'll be right back It's all in your head, you need to unwind
Your losing your grip, the paranoia never ends
It's all in your head, what you see in your mind
There's no reason to trip, the paranoia never ends There's no one behind you, there's no one beside you
There's no one beside you, you know as well as I do
There's no voice inside you, that shadow isn't moving
You must be losing to confusion, having illusions Still you wanna prove it, paranoia that someone might be
coming for ya
No one's tryin' to kill you stupid
There's no Norman Bates, peeking in your window
There's no Patrick Bateman trying to pick you up in Limos You pop another pill to try an' calm your nerves
But prescriptions make the descriptions a lot worse
You see in red bursts and then your head hurts
You shoulda checked under the bed first Crawling on all 4's, locking all the doors
You musta flown over the koo-koos nest and lost your course
I thought I told ya, don't let that shit control ya
'Cause paranoia will destroy you, just a lesson for ya It's all in your head, you need to unwind
Your losing your grip, the paranoia never ends
It's all in your head, what you see in your mind
There's no reason to trip, the paranoia never ends When your mind is acting wild and you swear you're insane
Can't nothing help you out of this trap your in?
You don't know which way to turn and your head is in pain
Can't nothing help you out of this insanity? Yo, it's paranoia in your brain cells
You think the world is looking at you but you can't tell

You need to find yourself a hobby or something and stop fronting
Nobody's out to get you, nobody wants nothing I think you got a chemical imbalance, when there's silence
You swear you hear talking and sirens
Maybe it's a different environment that you need
Whatever it is your mind's dying to be free You trying to precede with the usual procedures
Your chest feeling tight, you think you're having seizures
Maybe you just trying to hard to fit in
You need to let that shit go and get counselling my friend It's all in your head, you need to unwind
Your losing your grip, the paranoia never ends
It's all in your head, what you see in your mind
There's no reason to trip, the paranoia never ends Never ends, it's in my head
Gotta unwind, it's in my mind
(The paranoia never ends)
Never ends, it's in my head
It's in my mind, I shouldn't trip
(The paranoia never ends)
Never ends Oh, yeah, it's paranoia, watch out
It's coming at you duck motherfucker
You're crazy, you're crazy, man, you're crazy
I like you, but you're crazy

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