

# Catch Your Breath

[RKL](#)

We walked along the barren beach,  
I saw the trash but not the glass broken at my feet.  
Cut myself once again, gotta stop count to ten, and relax.  
Take a breath, breath in deep. Taste the smog, feel heat.  
I gotta get out... of this place  
Yeah, Yeah, Yeah.  
All the trash, broken glass, dirty air, no one cares,  
Help me out 'cause I think I'm choking!  
People choose what to do,  
Sippin' booze, sniffin' glue!  
Catch Your Breath!  
While you still have a chance!  
Self preservation's what it's all about.  
Suffocation kills without a doubt.  
It's a problem, people just can't stop  
Wastin', trashin', usin' what we got.  
We're next in line and you can bet,  
When you grow old , put you in homes.  
A slow and lonely death,  
You won't forget the mess you left.  
Another unpaid debt and now you're choking.  
And now sometimes I tell myself  
I'm just alive and I'll get by, without any help!  
So I say why should I give a care about this world,  
And the mess that we leave?  
Well in a month or a year maybe I'll have some kids,  
And they'll need to breath!  
All the trash, broken glass, dirty air, no one cares,  
Help me out 'cause I think I'm choking!  
People choose what to do,  
With the blues, sniffin' glue!  
Catch Your Breath!  
While you still have a chance.  
Self preservation's what it's all about.  
Suffocation kills without a doubt.

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