# No Self-Control

## Metope

Got to get some food
I'm so hungry all the time
I don't know how to stop
I don't know how to stop
Got to get some sleep
I'm so nervous in the night
I don't know how to stop
No, I don't know how to stop
I don't know how to stop
I don't know how to stop
Got to pick up the phone
I will call any number
I will talk to anyone
I know I'm gone too far
Much too far I gone this time
And I don't want to think what I've done
I don't know how to stop
No, I don't know how to stop

There are always hidden silences
Waiting behind the chair
They come out when the coast is clear
They eat anything that moves
I go shaky at the knees
Lights go out, stars come down
Like a swarm of bees
No self-control
You know I hate to hurt you
I hate to see your pain
But I don't know how to stop
No, I don't know how to stop
Street after street
Night after night
I walk on through the rain
I walk on through the rain
I don't know how to stop

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