

# Paranoid

## Dizzee Rascal

Rinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me up They wanna rinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me up Sometimes when I'm on my own  
And there ain't no one around I feel all alone  
Laying in my bed I'm a nervous wreck  
And I wind myself up until I'm vexed Keep telling myself they're out to get me  
And I ain't sure who, so I make it up  
Come to my own conclusions, I'm crazy  
Start thinking up all kinds of stuff Like, fuck my girl, I know she cheating  
That gold-digger bitch just thieving  
Act like I don't care but I'm grieving  
Start switching up for no reason Told myself I ain't got no friends  
Fuck my people, fuck my ends  
No rational fool, I'm low  
I'm paranoid, all I know is they wanna Rinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me up They wanna rinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me up And then I think about beef  
Over the years I've had so much grief  
Whole lot of drama in and out of East  
Won't let anyone take me for a chief And mans say they got my back  
But it's really all just chat  
Cause when it all gets on top  
They leave me alone to scrap And I went to the ends, heard whispers  
Old friends chatting bout kidnapping  
Now, they hurt my pride and ego  
I don't care about rap, I'm strapping But the olders told me, ignore it  
Cause I really ain't got time for it  
And the ghetto, I already saw it  
I'm in the world now, I gotta explore it  
I can't let 'em Rinse me out, use me up  
Cuss me down, fuck me up

Rinse me out, use me up  
Cuss me down, fuck me upThey wanna rinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me upNo guts, no glory, no get, no gain  
No love, no pain, I'm going insane  
It's all too much for the brain  
I'm so paranoid, I feel strangeAnd it's so long-range  
Been too long, I gotta make some change  
Fuck the world, I'd rather take some blame  
Or I could just buy a platinum chainDiamond rings and other shiny things  
Maybe the bling'll help me maintain  
Or at least that it help to explain  
What's my path, am I in the right lane?Why I feel so left out in the rain?  
Why's it hard, it should be simple and plain  
All I see when I'm in this game  
Everybody wannaRinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me upThey wanna rinse me out, use me up  
Cuss me down, fuck me up  
Rinse me out, use me up  
Cuss me down, fuck me up

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