

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 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 No 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 strange And 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 chain Diamond 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 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

Songwriters

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