

Eleventy Seven, 12 Step Programs

I've tried to do this on my own
Without the help of telephones
The only place I need to be
Is right here where I'm forced to see that
I can fight against disease
Or let it take me out to sea
Either way I just might drown
But I'd rather swim than hit the ground

I'm willing now to do what it takes to see
That the boy looking back in the mirror isn't me

So take back your 12 step self help programs
And let me tell you all about how
It was self that got me here in the first place
And self that taught me how to replace
Everything I know with every other option
But the only right way to go

Yeah I'm pretty sure that now it shows
I could never see far past my nose
And I'm almost positive these pills
Are the only thing that ever made me ill so
I'll make it through another week
Despite the fact that I can't sleep
The only problem I can see
Is this is not who I'm meant to be and

I'm ready now to do what it takes to see
That the boy looking back in the mirror isn't me

The only I have to hold to is a promise
You put another life inside of me
That's not my own

So take back all your self help programs