Bleach, Knocked Out

How did I get here I'm all tied up I'm all tied up I never noticed or cared that much Or cared that much Complacency has gotten the best of me And the best of me is forgotten Beneath the sea of what I've become And all that I've done I hope that it counts I'd rather be knocked down Than to be knocked out So I'll let go of what I know, Of what I've learned here in the past twenty years My heart is frozen with meaningless motions So I'll hold on to you And all that I've done I hope that it counts I've been knocked down But I'm not knocked out And I'm at the bottom Can't get myself out I've been knocked down But not knocked out Not knocked out And I will sing at the top of my lungs I will dance even if I'm the only one And I hope that we'll never be apart And I will sing and I hope it heals my heart Yeah I hope it heals my heart How did I get here? Save me from this