Motion City Soundtrack, Hold Me Down

I found a letter that said:

"I'm sorry that you were asleep when I wrote these words down," You'd think I'd ought to be used to that by now. Save for a few of those late night episodes, Missed opportunities, and "I Don't Cares," There's not a lot that I feel obliged to share or talk about.

I'll have my brother stop by this Saturday to pick up my things, Just make sure you're not there.
This may sound bad, and don't take it the wrong way..
I love you, however,
You hold me down [x4]

You're the echoes of my everything, You're the emptiness the whole world sings at night. You're the laziness of afternoon, You're the reason why I burst and why I bloom. How will I break the news to you? [x2]

Cancel our dinner with Max and Coraline, feed Jacky's gerbil and try to stay clean.
We'll talk it over after I've had some time alone to sort it out.
You hold me down [x4]

You're the echoes of my everything,
You're the emptiness the whole world sings at night.
You're the laziness of afternoon,
You're the reason why I burst and why I bloom.
You're the leaky sink of sentiment,
You're the failed attempts I never could forget.
You're the metaphors I can't create to comprehend this curse that I call love..
How will I break the news to you? [x5]