Napalm Death, Sometimes

Sometimes when inattentive
I become confused by my own actions
Slow to see in myself
The faults I'm quick to see in others

Barricaded with problems
I try to hide my face
By submitting my strength
To a mind-destroying substance

But why do I run
When it's myself I try to escape?
Why don't I possess the strength
To learn from my mistakes?

The only way to overcome your fears
Is to look them in the eye!

To be aware of ones faults

Is essential if they're to be corrected
When you lack the desire to change
The anguish becomes abundant