Scratchingpost, Bloodflame

Take a minute to
Find out
What's going on
What's going down
Take a minute to understand
What's going on inside me

And I'll take a minute to
Breakdown
And tell myself that it's all wrong
When it's real
Yah-ya-ya

One step forward two steps back
And I'm up on my feet again
One step forward two steps back
And I'm down on my knees again

And I'll throw some things around again
Not for the fun but for some pain
To make a point to make you see
What's going on inside me

And I'll take a minute to cut you up
And tell you that you are all wrong
When it's me

(Chorus)

Take a minute to
Find out
What's going on
What's going down
Take a minute to understand
What's going on around me

And I'll take a minute to
Shut my eyes
Try to cover up what I can't hide
and it's me
Yah-ya-ya

(Chorus)

And you say that I'm psychotic but that's you
I think maybe just neurotic and that's me
Bloodflame
And that's me bloodflame