

# Shout Out Out Out Out, Self-Loathing Rulz

I want to thank myself for being so hard on myself.  
There's no one else could know how much I really must improve.  
I see my faults come through in every aspect of my life.  
I just see the downside of every single thing I do.

(Chorus)

But when you're down this low,  
No one can make you feel worse.  
Yeah, when you hate yourself,  
Nobody can touch you.  
Yeah, when you're down this low,  
The haters haven't got you.  
I guess that's why, in a way,  
I say self loathing rules.

I should point out that overall I'm not so negative  
I know that there are lots of good things for me in this world.  
I feel like, all in all, I'm only being realistic.  
I've yet to see the merits of the things I'm trying to do.

(Repeat chorus X 3)