Skeptix, Routine Machine

I live my life in the same routine exciting things are only dreams I'm at the edge no hope of survival somebody help me cos I'm suicidal

routine machine give me a break routine machine you've got to give and take routine machine am i understood scratching my neck with the blade of a knife

who can help who's my savior people laugh at my behavior who gives a fuck they just wouldn't listen my scarlet collar's beginning to glisten

routine machine you've got to give and take routine machine won't give me a break routine machine I wasn't understood I cried for help but it did no good