Right now there's not much left for me to say And if I said it it wouldn't matter anyway Cause I'm a screw up who is done and bored Got one motive and that's to not to conform

Ain't no revolution in punk rock, man Just tired of having no ground on which to stand

I'm down on life
I'm down on life, oh yeah
20 going on 21
And I think I'm down again

I'm down on life
I'm down on life, oh yeah
20 going on 21
And I think I'm down again

There's no excuses I can offer you
And if I did I guess they would not really be true
Cause I've been full and I've been full of shit
Always running from reality I've got to face it

Slap happy, frustrated, no confidence Getting sick and tired of things not making sense

I'm down on life
I'm down on life, oh yeah
20 going on 21
And I think I'm down again

I'm down on life
I'm down on life, oh yeah
20 going on 21
And I think I'm down again

And now I guess you don't wanna hear me bitch But I'm not shutting up you're gonna have to deal with it

Cause we've all been there, we've all fucked up before Every time I try to get in, my foot's slammed in the door

Retarded with no sense of values
No I'm not whining, just wonder if it matters to you

I'm down on life
I'm down on life, oh yeah
20 going on 21
And I think I'm down again

I'm down on life
I'm down on life, oh yeah
20 going on 21
And I think I'm down again

Well I'm down

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Well I'm down
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Well I'm down, down, down, down

Well I'm down

Well I'm down

Well I'm down, down, down, down

Well I'm down