Look, I just shed tears homie and now I ain't too proud to admit it Just seen my father for the first time in a minute And when I say a minute I mean years man Damn, a whale could have swam in them tears fam Cause as I left them I reflected on my younger days When it was just me and my brother and my mother played Father, cause no other man bothered Not even my biological, it never seemed logical But I accepted it cause I ain't know no better Thought I was brighter than a Polo sweater No pops was like Martin with no Coretta So many things you could have told me And saved me the trouble of lettin' my mistakes show me I feel like you barely know me And that's a shame cause our last name is the same That blood type flowin' through our veins is the same My mama left you and maybe your anger's to blame But that's no excuse, only you and God know the truth And why you only call monthly, barely ever saw me Spend some summers with you and played with my cousin Maury Maybe I should be tellin' you fuck you cause you selfish But I want a father so bad, I can't help it

I break down, I break down Can't help but break down I break down

I never thought I'd see my mama on that shit man
It's fuckin' with her body, now she sick damn
I wanted a big house with a white picket fence and a pool
Who would have ever thought that it would come to this, man?
Quicksand is what this life feel like
That shit these rappers kick is nothin' like real life
You made a milli off of servin' hard white, yeah right
My mama tell you what addicted to that pipe feel like
Stupid niggas, I heard the cops be shootin' niggas
I swear to God, wish I could bullet proof my niggas
Can't get no jobs, but they still recruitin' niggas
We tryna stand tall when it gets to crucial niggas

Break down! We break down, we break down, we break down...

Servin' time, locked down
And she don't want nobody to know, his daughter 25 pounds
By the time he get out, she gon' be 4
Now will his girl stay down?
Ain't no doubt, she love him yeah that's fo sho
But temptation stays round
And if she strayed, how could he ever know?
Never know and so, she goes to the club on the weekend
A little freakin', but them niggas holla
But she never speakin', but tonight I see the devil creepin'
Cause she been lonely, she ain't felt a man in 7 seasons
Damn! She do the best that she can
Her mama tellin' her to find another man
She college educated with a felon boyfriend
That's what she thinkin' tonight

Maybe she's right, but please

Stay down mama! Gotta be strong, don't break down mama!
Please... stay down mama! Gotta be strong, don't break down mama!
Don't break down, don't break down, don't break down...

Break, break down Steady break me down