Holdin' all my breath, I've got so much more to say
We've been down this road before, but it's different today
Now I wanna tell you sorry, though I know it's not enough

When I tell you what I've done, and excuses there are none

I've hurt myself everyday
I hurt myself everyday
Just by looking at my face
I've hurt myself everyday
I've hurt myself

Couldn't see a thing, now I see it all too clear You can leave me if you want, least I'm rid of that one fear You can throw away my life lines, you can bury me in grief But it's nothing new to me, no there is nothing left to kill

I've hurt myself everyday
I've hurt myself everyday
Just by looking at my face
I've hurt myself everyday
I've hurt myself, I've hurt myself

(Guitar Solo)

I've hurt myself everyday
I've hurt myself everyday
Just by looking at my face
I've hurt myself everyday
I've hurt myself

I've hurt myself
I've hurt myself
I've hurt myself
I've hurt myself