```
My pain, is self-chosen
At least, so the prophet says
I could either burn, or cut off my pride and buy some time
A head full of lies is the weight, tied to my waist
The river of deceit pulls down, oh-oh
The only direction we flow is down
Down, all down
Down, all down
Down, all down
Down, all down
My pain, is self-chosen
At least, I believe it to be
I could either drown, or pull off my skin and swim to shore
Now I can grow a beautiful shell for all to see
The river of deceit pulls down, yeah
The only direction we flow is down
Down, all down
Down, all down
Down, all down
Down, all down
The pain is self-chosen, yeah
Our pain is self-chosen
Down, all down
Down, all down
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Down, all down Down, all down