

# COMPOSITION BOOK

WHAT YELLOW SOUNDS LIKE  
FLOWR



i watched her fall right down the rabbit hole  
now  
i watched her run into the maddest smile  
theres caterpillars crawling down your  
throat  
and they dont hear you screaming they dont  
hear a note  
and its getting real now  
thats the voice that youre hearing out loud  
and they sing:

tell me tell me whyd you come around  
i bet youre fucking fake, plastic and bound  
i see the sickness inside you  
i wanna wipe that look clean off your face  
and she says:

tell me tell me where the fuck i am  
youre not supposed to talk and i dont  
understand  
you cant be fucking real  
ive gone completely and utterly mad  
i think im unwell  
isnt it funny how quickly perspectives can  
change?

and you dont know anything about me  
neither do i  
then that cat comes around with his smile  
and he says:

you will never know just what you are  
are we underground or maybe on mars?  
all the trees here are purple and everything  
talks  
but it sure beats the padded walls and all  
the locks

## DOWN THE RABBIT HOLE

notes:

- samples pulled from the  
madness returns game
- rewritten 4 times





# WHAT YELLOW SOUNDS LIKE

i tried to paint it blue but it turned out red, and ill  
be grey  
as close to gold as ill ever get, by the way  
i think im touching insanity, like everyday  
ill fucking tear out the part of me that couldn't say  
what yellow sounds like to you  
it kind of reminds me of you  
and i still hear nothing but blue  
not like it matters to you  
i dont really want to talk about it  
chasing the sun and i think i bottomed out  
they tell me to run with two broken legs  
and some weight on my belt  
im fucking nauseous, the drugs never help unless i  
study  
all the stupid fucking colors in black n white till im  
bloody  
and green has never looked so much like purple  
before  
i keep walking down a hallway but there arent any  
doors  
painted yellow  
ill stay inside the eye of the storm and it echoes  
it fucking echoes



notes:

- produced by siemspark
- written about the pressure of academia



she wanna tell me a story  
the one we die in the end  
and shes gonna fuckin destroy me  
if i dont blow off my head  
and it seems like you didnt  
make up what you said  
if the words are true then how the fuck arent you dead?  
youre a little twisted pop some pills before bed  
theres no feeling like the blood when its bled  
she wanna drop out of college  
and drive a mercedes-benz  
i think that i met the devil  
and woke up in her bed

you bring the drugs  
ill bring the liquor just give me a call  
margarita rim with xannies as salt  
i wont tell no one you swolled them all  
tech on her breath  
i keep an eye open looking for death  
prayin to god that we got somethin left  
she pop another one straight off the press  
i think im obsessed  
she wanna tell me a story  
the one we die in the end  
and shes gonna fuckin destroy me  
new that wed both be dead

TELL ME  
A STORY

notes:

- my favorite beat on the album
- taught myself blender to make  
an amv for this song





# CITY / SUBURBS

you said she loves the way the rain hits  
on a train ride home  
from the city to the suburbs, that you wish you'd never known  
i like to think that when it rains  
it falls for me so i can sleep  
because im terrified of waking up and being tied down to the  
sheets  
i collide with the sky, you paint the blue in the ocean  
and hung it up in a frame next to me  
i watched the world catch on fire, i heard the sounds of the  
broken  
its frozen, ill finally set them free

you didnt say a word on the car ride home  
i couldnt put the pen to paper thinking im gonna choke  
you could call me if you want, but i know that you won't  
were not angels anymore, like we were in the snow  
i wont turn off the lights, you could call it a show  
give it just another night or maybe well never know  
i collide with the sky, you paint the blue in the ocean  
and hung it up in a frame next to me  
i watched the world catch on fire, i heard the sounds of the  
broken  
its frozen, ill finally set them free



## notes:

- produced by siemspark
- features yusuf of ten pound snail
- last song written for the album



heard theres a price tag on your head  
yeah theyve got you vilified  
but theres no rest for the wicked when  
they die

and i know im not supposed to  
read about the things he wrote you  
but the column says youre evil by design

and quotes:

i will meet you on a backroad  
with a shotgun and a rose  
and you know id never hurt you  
you will never walk alone  
but there isnt solace in sorrow  
and i know this will come with a change  
but love speaks like a bullet  
and its getting hard to aim  
while you walk away

notes:

about a wife murdering her  
husband

the most song fun to write

NO REST  
FOR THE  
WICKED





# LONG WAY DOWN

heard you're starting a fire when the earth's gone cold  
can we turn it up higher till the sky explodes  
it's a long way down i've already been at the bottom  
with my own crown i am the king of the rotten  
and i know that you know that i know that you know  
when it comes to reflections you'd rather be gold  
and no one is the person that you think you know  
baby tell me where to go

i hate the sound, i hate the runaround follow you down  
baby i'm terrified where are we now?  
under the water or under the ground, i'll follow you down  
and now this is twice, i like to think that this isn't my life  
pull me apart under fluorescent lights  
sell all my insides for pennies and dimes, this isn't right

i sold all my spare parts and my car won't start  
so i'll walk in the rain until i freeze in the dark  
i hate the way that you walk, the way that you talk  
the way that you hate me  
i hate the part of myself that you can make doubt cuz now i  
just hate me  
i know it's all in my head, the drowning, the dread  
i want you to break me  
but i'm still hear praying for breath and dancing with death  
i hate that you hate me



notes:

inspired the rewrite of the album  
was compared to old town road in  
an article



if i can lay it all out on the table and figure out  
who i am

would you tell me if i im something different  
or if im crazy, but everybodys crazy  
and lately everything seems worse so tell me  
why do you keep me around now?

why do you lie to yourself?

how is it so simple ill find out

i aint got the patience im ready like fuckin right  
now

can we pick up where we left off?

when u were a picture on my desktop

i knew that shit would never add up

now im just a shell of a person that couldnt get  
enough

if i am alive in what i breathe and i can't breath  
this oxygen

ill flush the air right out of both my lungs and let  
you in

by now ive figured out its just me

and all the words that i could say

and my head is clouds of doubt

that every thing wont be okay

# PATIENCE

notes:

-produced by yung spoiler and

michealwarren

-first song written for the album





ANDU FALL

theres nothing in this world you can  
change  
except the blood in your veins  
leave your body: a temple of pain  
youre not alone when the drugs know your  
name  
what the fuck are you talking about?  
move your mouth but the words dont come  
out  
when you crawl back to your bedroom in  
hell  
youre so close to just killing yourself  
and you fall  
i added up all the bad fucking days  
familiarity will soon be earased  
i talked to god, theres no beauty in grace  
when your memory becomes what you hate  
and you fall

notes:

- learned how to chop vocals for this
- the screams took 12 takes to get right





violence to silence and strawberry wine hits  
like sirens that dont stop all night when you cry  
and i know youre somewhere but somewhere is nowhere  
i dont think that ill ever find  
youll never tell me im right  
youll never be by my side again  
if heavens somewhere defined  
ill keep looking till the very end

its all just a card game where you cant pick your suit  
and depression is a bitch and shes coming for you  
remember its all a card game where youll die if you loose  
so keep an eye on your figure i hate myself too

i see myself waiting the sun never came  
when summers in session you cant drown your pain  
i feel your addiction its eating my brain  
with solace destruction comes life without pain  
and i know youre somewhere but are you someone?  
youre a solid distraction words loaded like guns  
so peel off my skin and make art with my lungs  
and post me online you can show everyone

its all just a card game where you cant pick your suit  
and depression is a bitch and shes coming for you  
remember its all a card game where youll die if you loose  
so keep an eye on your figure i hate myself too

# STRAWBERRY WINE

notes:

- produced in 3/4
- at the album release show i  
bought 6 bottles of strawberry  
wine and everyone got a glass





# WE NEVER THOUGHT ABOUT DYING

ive got a tendency to fuck things up can someone tell me is it  
just bad luck?  
and no one checks in right till i give up but maybe thats for the  
best  
and i, ill be just fine if the sun would ever rise  
and in time ill live my life through the wreckage and the tides

youre like heaven underwater, im burning in hell  
ive got something else to say but i cant figure it out  
i wasted all the time ive taken to work on myself  
instead i cant get past the thought of you with somebody else

and she said:

oh, can you tell me exactly how it ends? because id do anything  
to spend another night in your bed

and i said:

oh, can you tell me if ill see you again? because its been about  
a year of you living in my head  
and it all falls on me now, we never thought about dying,  
i never thought about doubt  
untill i drove these roads without  
someone who thought i was perfect  
someone who made me feel proud

youre like heaven underwater, im burning in hell  
ive got something else to say but i cant figure it out  
i wasted all the time ive taken to work on myself  
instead i cant get past the thought of you  
with somebody else



notes:

- my favorite song to perform
- incredibly cathartic to write