## Dizzee Rascal, Paranoid

[Hook:] Rinse me out, use me up, cuss me down, fuck me up Rinse me out, use me up, cuss me down, fuck me up They wanna rinse me out, use me up, cuss me down, fuck me up Rinse me out, use me up, cuss me down, fuck me up [Verse 1:1 Sometimes when I'm on my own And there ain't no one around I feel all alone Laying in my bed I'm a nervous wreck And I wind myself up until I'm vexed Keep telling myself they're out to get me And I ain't sure who, so I make it up Come to my own conclusions I'm crazy Start thinking up all kinds of stuff Like, fuck my girl, I know she cheating That golddigger bitch just thieving Act like I don't care but I'm grieving Start switching up for no reason Told myself I ain't got no friends Fuck my people, fuck my ends No rational thought, I'm low I'm paranoid, all I know is they wanna [Hook] [Verse 2:] And then I think about beef Over the years I've had so much grief Whole lot of drama in and out of East Won't let anyone take me for a chief And mans say they got my back But it's really all just chat Cause when it all gets on top They leave me alone to scrap And I went to the ends, heard whispers Old friends chatting bout kidnapping Now they hurt my pride and ego I don't care about rap, Im strapping But the olders told me ignore it Cause I really ain't got time for it And the ghetto, I already saw it I'm in the world now, I gotta explore it I can't let 'em [Hook] [Verse 3:] No guts, no glory, no get, no gain No love, no pain, I'm going insane It's all too much for the brain I'm so paranoid, I feel strange And it's so long-range Been too long, I gotta make some change Fuck the world, I'd rather take some blame Or I could just buy a platinum chain Diamond rings and and other shiny things Maybe the bling'll help me maintain Or at least that it help to explain What's my path, am I in the right lane? Why I feel so left out in the rain? Why's it hard, it should be simple and plain All I see when I'm in this game Everybody wanna [Hook]