

## Blue October – “Fear” (lyrics) (Hate Me)

All my life Been running from a pain in me A feeling I don't understand  
Holding me down So rain on me Underwater All I am, getting harder  
A heavy weight I carry around Today I don't have to fall apart  
I don't have to be afraid I don't have to let the damage Consume me,  
My shadow see through me 'Cause fear in itself Will reel you in and spit you out  
Over and over again Believe in yourself And you will walk Now, fear in itself

Will use you up and break you down Like you were never enough  
Yeah, I used to fall, now I get back up I'm up here  
I'm looking at the way down there I'm staring through the I don't care  
It's staring back at me The beauty is I'm learning how to face my beast  
Starting now to find some peace Set myself free, yeah

Today I don't have to fall apart I don't have to be afraid  
I don't have to let the damage consume me My shadow see through me  
'Cause fear in itself Will reel you in and spit you out  
Over and over again Believe in yourself And you will walk  
And now, fear in itself Will use you up and break you down  
Like you were never enough I used to fall but now I get back up  
I'm moving on oh God just move on

Today I don't have to fall apart I don't have to be afraid  
Get back up Get up Feel it, fear, wow  
And now fear, fear in itself can use you up  
And then breaks you down You're never enough And I used to fall

Breathe Ask for more If you're bitter still  
Ask him to help you carry on

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### **Album and song titles –**

**Approaching normal, songs from an open book, rooftop sessions, the answers,  
consent to treatment, history for sale, I hope your happy,**

The band has had eleven [top 40](#) singles over their past seven studio albums and is best known for their [platinum](#) singles "[Hate Me](#)" and "[Into the Ocean](#)" from their 2006 platinum album [Foiled](#).

## Blue October's Justin Furstenfeld Isn't Afraid to Reveal His Struggles

He admits to a past of self-harm in his teen years, and suicidal thoughts throughout his life. He has a daughter, named Blue Reed Furstenfeld, to whom he dedicated the album [Any Man in America](#). Blue, and Justin's relationship with her mother, are the subject matter of much of the album.

In April 2009, <sup>[11]</sup> Justin published his first book, *Crazy Making - The Words and Lyrics of Justin Furstenfeld*, in which Justin goes into explicit detail about the inspiration behind each and every Blue October song to date

[Blue October](#)'s Justin Furstenfeld is known for his brutally honest lyrics, but on their recently released 'Any Man in America' album, the singer-songwriter has outdone himself. Tracks like 'The Flight (Lincoln to Minneapolis)' and 'The Money Tree' read like diary entries, finding Furstenfeld at his most vulnerable.

"I don't worry about that at all. I'm not afraid to be open about my struggles. It's in the past now. The first turmoil in my life was drugs and I lied to everyone around me. I was a total idiot and I can't believe how I acted during that time period. I finally got passed that.

"The next turmoil was my marriage. I was like, "What the hell did I just do?" But we did have a beautiful baby. God must have put me there for a reason," says Furstenfeld who recently launched AnyManInAmerica.com – a place for fathers, mothers and children who have dealt, or are dealing with, the issues of shared parenting and child custody to find their voice and speak their mind. "But yeah, the turmoil is over and the door is closed on that drama. It's about starting a new life now."

Luckily, Furstenfeld got clean, but Noisecreep asked the Blue October frontman what came first, the fame or the drugs. "I actually wasn't on drugs when we were successful. I got on drugs when we got dropped by Universal. I mean, I was a pothead before that, but when we got dropped by our label, I went into a state of madness. I went through a period where I wanted to be [Jean Michel Basquiat](#), the painter. But unlike him, I didn't do heroin. I did other bad stuff."

### **HATE ME...**

I have to block out thoughts of you so I don't lose my head  
They're crawling like a cockroach leaving babies in my bed  
Dropping little reels of tape to remind me that I'm alone  
Playing movies in my head that make a porno feel like home  
There's a burning in my pride, A nervous bleeding in my brain  
An ounce of peace is all I want for you Will you never call again?  
And will you never say that you love me Just to put it in my face?  
And will you never try to reach me? It is I that wanted space

Hate me today Hate me tomorrow Hate me for all the things I didn't do for you  
Hate me in ways Yeah, ways hard to swallow

Hate me so you can finally see what's good for you I'm sober now for three whole months,  
It's one accomplishment that you helped me with The one thing that always tore us apart  
Is the one thing I won't touch again In a sick way I want to thank you  
For holding my head up late at night

While I was busy waging wars on myself, You were trying to stop the fight  
You never doubted my warped opinions On things like suicidal hate  
You made me compliment myself When it was way too hard to take  
So I'll drive so f\_\_\_g far away That I never cross your mind  
And do whatever it takes in your heart To leave me behind

Hate me today Hate me tomorrow Hate me for all the things I didn't do for you  
Hate me in ways Yeah, ways hard to swallow Hate me so you can finally see what's good for you  
And with a sad heart, I say bye to you and wave Kicking shadows on the street  
For every mistake that I had made And like a baby boy, I never was a man  
Until I saw your blue eyes crying, And I held your face in my hand  
And then I fell down yelling, "make it go away!" Just make a smile come back  
And shine just like it used to be And then she whispered,  
"How can you do this to me?" Hate me today Hate me tomorrow  
Hate me for all the things I didn't do for you

### **Other songs:**

**The answer - Not broken anymore - calling you - Angel -  
Should be loved - Sound of pulling heaven down**