

The last message you sent said I looked really down
That I oughtta come over and talk about it
Well I wasn't down
I just wasn't smiling at you, yeah

As I look at you now it seems
That your slapping my back as if it's alright but it's not
I'm trying to get up but you're pushing me down
Yeah, you're pushing me down

So I'll get up on my own
Oh, I'll get up on my own
Get up on my own
Oh, I'll get up on my own
Yeah, I'll get up on my own
Get up on my own
Oh, I'll get up on my own
Get up on my own, yeah

Now there's some grinning goon on my TV screen
Telling us all that it's alright because she wears this and he said that
And if you get some of these it'll all be alright
Yeah, if you get some of these it'll all be alright

Well I refuse to be a cynical goon
Passing the masses an easy answer
Cause it won't be alright
Oh no, it won't be alright
Oh no, it won't be alright
It won't be alright

Unless you get up, get up
Come on and get up, get up
I need to get up, get up
Come on get up, get up
So come on get up, get up
Come on get up, get up
Unless you get up, get up
So get up, get up, yeah
That's right

[Solo]

Well I'm just a voice in your earpiece
Telling you no, it's not alright
You know, you could have it so much better
You could have it so much better

If you tried
If you tried
If you tried
If you tried

So get up on your own
Baby, get up on your own
Get up on your own
Baby, get up on your own
Yeah, get up on your own
So get up on your own
Get up on your own
So get up on your own

Get up, get up
Come on, get up, get up
That's right, get up, get up
Come on and get up, get up
Come on, get up, get up
Yeah, get up, get up
Come on and get up, get up
Go get up, get up
Yeah!