



*Narcissistic abuse is real.
It can destroy your life.
Learn the signs. Protect yourself.
Know Your Enemy.*

KNOW YOUR ENEMY

There is something unsettling that keeps happening — yet hardly anyone talks about it.

Many people spend years believing they are simply dealing with a difficult boss, a complicated relationship, or an authority figure unprepared to fulfill their role. How many cases of abuse could be stopped if more people realized that, behind these situations, there may be patterns associated with narcissistic personality disorder or, in some cases, psychopathic traits?

How many losses could be prevented — jobs, relationships, dreams, freedom, mental health, and years of life? How many people have stopped living fully because they could not name what they were going through?

These patterns appear in families, relationships, workplaces, and structures of power. Understanding them is like seeing society through a different lens: we stop reducing everything to labels such as “good person” or “bad person” and begin to consider that certain behaviors may be linked to a disorder, while also recognizing the impact these patterns can have on people’s lives.

“K.Y.E. (Know Your Enemy),” by Jon Roger, grew out of this concern.

“K.Y.E.” is about more than the weight of nu metal or the power of its riffs. Its true purpose lies in the issue the track brings into public debate: emotional abuse is real, happens every day, and destroys countless lives because it is rarely recognized as the root of what so many victims are going through.

Press materials, music, video, cover artwork, photos, and the full press release are available [here](https://jonroger.com/kye.html):

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JON ROGER

Jon Roger is an emerging force in rock, combining explosive energy, striking melodies, and a distinctly Brazilian personality within a sound that moves through grunge, punk, and alternative rock. The band writes and performs in English to expand its reach and connect with audiences in different countries.

The band has already surpassed 700,000 streams on Spotify. Rocket FM described Jon Roger as “a pleasant surprise that impressed everyone”; Rock Metal declared that “the scream of rock has been reborn with Jon Roger”; and Roadie highlighted the group as “a great oasis in the Brazilian rock scene.” In the United Kingdom, Radio Wigwam included the band on its A-List, while Australia’s Heavy Magazine stated that the group brings back “the true essence of rock for those nostalgic for the genre.”

Formed in early 2024 by Lucas Poltronieri, Carone Netto, and Ricardo “Cachalote”, the band consolidated its lineup with the arrival of Higor Bravim and Pedro Martinusso shortly afterward. The group’s name is a reference to David “Jon” Gilmour and George “Roger” Waters, of Pink Floyd. Driven by the desire to inspire in the same way they were inspired, its members channel that energy into a sound that is vibrant, alive, and authentic.

ORIGINAL LYRICS

K.Y.E. (KNOW YOUR ENEMY)

Verse 1

You feel life is unfair, you deserve more
Don’t let their lies define you anymore
You’ve been gaslit too long to even see
A lamb trapped in a wolf’s psychology

Verse 2

Don’t ignore the narcissists anymore
In suits, with badges, or behind your door
They twist the truth and fake their care
They use you, crave control — beware

Chorus

Disorder hiding in plain sight
A cage disguised as normal life
No justice, no rights, no sanity
Wake up now — know your enemy

Spoken Bridge / Breakdown

That never happened
You're too sensitive
It's your fault
After all I've done for you
Maybe you're not made for this

Well, I'm certainly not.

Solo

Verse 3

Spinning in circles, losing your mind
Bending to please them time after time
Nothing you do will ever feel right
Then you realize they stole your life

Verse 4

Walk away or file your claim
Don't stay trapped inside their game
Break the chains and draw the line
No more words — don't waste your time

Chorus (x2)

Disorder hiding in plain sight
A cage disguised as normal life
No justice, no rights, no sanity
Wake up now — know your enemy

Post-Chorus / Build-Up (x8)

Wake up now — know your enemy

Website: <https://jonroger.com>

YouTube: <https://youtube.com/@jonrogerband>

Instagram: <https://instagram.com/jonrogerband>

Thank you,

Jon Roger