

# Upstairs

[\[:SITD:\]](#)

I am dreaming, I'm screaming  
But making no sound  
I'm the nightmare from upstairs  
And I'm coming down From silence to violence  
In a single step  
Try to leave or retrieve  
What I can't forget I can see what I'll be  
When I'm going on  
I can't heal it, can't feel it  
If I'm doing wrong It's burning, it's yearning  
It's spinning around  
Let it shout, tear it out, save me  
From this unholy being I am dreaming, I'm screaming  
But making no sound  
I'm the nightmare from upstairs  
And I'm coming down From silence to violence  
In a single step  
Try to leave or retrieve  
What I can't forget I can see what I'll be  
When I'm going on  
I can't heal it, can't feel it  
If I'm doing wrong It's burning, it's yearning  
It's spinning around  
Let it shout, tear it out, save me  
From this unholy being I am dreaming, I'm screaming  
But making no sound  
I'm the nightmare from upstairs  
And I'm coming down From silence to violence  
In a single step  
Try to leave or retrieve  
What I can't forget I can see what I'll be  
When I'm going on  
I can't heal it, can't feel it  
If I'm doing wrong It's burning, it's yearning  
It's spinning around  
Let it shout, tear it out, save me  
From this unholy being

Lyrics provided by  
<https://damnyrics.com/>