

# Break the Fall

## Papa Roach

(If I lose it all)I got my back to the wall and now I'm slippin'  
Been tryna deal with the thoughts and my condition  
And still I try to hang on to what I'm missing  
But something's settin' me off, somebody listen  
I been runnin' from fate without a lifeline  
But now I'm in the wrong place at the wrong time  
Tryna find an escape, lookin' to get by  
From never gettin' a break, cuttin' the brake lineI've been hangin' by a thread  
With my feet over the edge  
Got my back against the wall  
Will this nightmare ever end?  
Will I break before I bend?

If I slip and lose it all, nothing's gonna break the fall(If I lose it all, nothing's gonna break the fall)I got my head  
in the game I'm on a mission  
But ever day is the same, a demolition  
We are the marginalized but not the victims  
Fighting the fight of our lives to make you listen  
You got me losin' my breath it's been a long run  
I'm tryin' hard to forget, but I know the outcome  
I got a thousand regrets, and now I'm on one  
I might be losing my head before the song's doneI've been hangin' by a thread  
With my feet over the edge  
Got my back against the wall  
Will this nightmare ever end?  
Will I break before I bend?

If I slip and lose it all, nothing's gonna break the fallGotta get my head together, my head together  
I been tryna keep my head together  
Beat down  
Gotta get my head together, my head together  
I been tryna keep my head together  
A beat down  
Gotta get my head together, my head together  
I been tryna keep my head together  
A beat down  
Gotta get my head together, my head together  
I been tryna keep my head together  
A beat downI've been hangin' by a thread  
With my feet over the edge  
Got my back against the wall

Will this nightmare ever end?  
Will I break before I bend?  
If I slip and lose it all, nothing's gonna break the fall  
Break the fall  
(If I lose it all, nothing's gonna break the fall)

Songwriters

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