Change

Staind

If ever, you had said to me before
That I would live this life
That I am livin' now I guess, it's all so strange
To feel the way I do inside
And have so much that I could feel
Some pride for in my life
So why is it that I feel like this?How do I feel? I've been here before
I've felt this
Retreat to a place, a place within me
I need this
Keep it all down, bottled inside
It breaks me
To torment again and torture me like
It used toI try and try to break away
From all the hate, I'm feelin'
For everyone of you that's ever
Done me wrong
I need to justify the reasons
For the way I'm livin'
I guess, I can't cause I don't feel like I deserveHow do I feel? I've been here before
I've felt this
Retreat to a place, a place within me
I need this
Keep it all down, bottled inside
It breaks me
To torment again and torture me like
It used toSo now the waves they have subsided
And my soul is bleeding, I can't take away
All the shame I feel, forgive meHow do I feel? I've been here before
I've felt this
Retreat to a place, a place within me
I need this
Keep it all down, bottled inside
It breaks me
To torment again and torture me like
It used to

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