

# Ball and Chain

## Phonte

She holds me down  
She holds me up  
She licks my wounds  
Then cuts me deep  
She tells me stay  
Then plans to leave  
She is my cure  
And my disease  
And it's so complicated  
Cuz I hate myself for feeling this way  
These walls used to protect me  
Now they're closing in, yeah  
She keeps me so secure  
Until I can't escape  
So unpredictable that it's all the same  
I knew the moment when  
Your anchor turned into a ball and chain  
And it's oh so plain  
As clear as eyes can see  
The greatest happiness  
This side of misery  
Ain't nothing wrong with having both feet on the ground  
Until you look around and realize that you are bound  
Realize that you have drowned in a sea of security  
That leads to complacency now tell me how that sound  
You tell me how you found your way back to the turnout  
When your love flames burn out now your house looking smoky  
Like the teardrops of a clown,  
just wanna live in peace  
But can't show too many teeth cuz she'll take shots at your crown  
POW, another shot another man down  
So I'm back on my Moe Dee shit, how you like me now  
Back on my public speak shit, talking to the crowd  
Standing tall, front and center when I'm finished take a bow

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