

# For You

## Staind

To my mother, to my father  
It's your son or it's your daughter  
Are my screams loud enough for you to hear me  
Should I turn this up for you? I sit here locked inside my head  
Remembering everything you've said  
The silence gets us nowhere  
Gets us nowhere way too fast The silence is what kills me  
I need someone here to help me  
But you don't know how to listen  
And let me make my decisions I sit here locked inside my head  
Remembering everything you've said  
The silence gets us nowhere  
Gets us nowhere way too fast All your insults and your curses  
Make me feel like I'm not a person  
And I feel like I am nothing  
But you made me, so do something  
'Cause I'm \*\*\* up because you are  
Need attention, attention you couldn't give 'Cause I sit here locked inside my head  
Remembering everything you've said  
The silence gets us nowhere  
Gets us nowhere way too fast I sit here locked inside my head  
Remembering everything you've said  
The silence gets us nowhere  
Gets us nowhere way too fast

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