

# Take the Strain

## Extreme Noise Terror

Twelve years on, has anything changed  
Laughed at, ridiculed, taken the blame  
Screaming for change with an ignored voice  
Freedom or oppression, we offer the choice  
It's no longer a laugh  
No longer a game  
If we believe in ourselves  
We can take the strain

Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

Lyrics provided by  
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