Grip

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See me - Put yourself in my place
Be me - Put my eyes in your face
Maybe then you'll see why this place terrifies meAnd why I've got to get myself away
They continually blow my mind
So hard to deal with the ones who can't feel
No need - I've been burned enough times myself
You're like me - Sometimes you scare yourself
The things that you think
And the way that you feel
Makes you think you're all alone
When you go outside
It really lets you know that you're on your own
And try to find a familiar mindSo unknown
When all about you doubt you
When those walls close in around you
Get a grip and keep it
When the world can live without you
You see how hard they'll shove you
Hate your guts and tell you they love you
How long they'll hold you down
You see how far you get pushed
Get a grip right now
Give you poison to kill your pain
Drive you insane
Feed you lies
Know me - I see the fear in your eyesSo hard to deal with the ones who aren't real
Pull back - There are some things to realize
It's unbelievable what they'll put you through
Twist you up inside
Filthify and punish your mind
You don't have to live like that
You've got to get your self respect
You've got to jump back
Jump back, get your self respect
You've got to keep it like that
Keep your self respect intact
Your self respect

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