

# 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 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 decision I sit here locked inside my head  
Remembering everything you 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 fucked up  
Because you all need attention  
Attention you couldn't give 'Cause I sit here locked inside my head  
Remembering everything you said  
The silence gets us nowhere  
Gets us nowhere way too fast I sit here locked inside my head  
Remembering everything you said  
The silence gets us nowhere  
Gets us nowhere way too fast

Songwriters

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