

Run, run, run
Keep on beatin' them down,
what could make you so mad to beat your own children black and blue
Your time will come
The beat downs turn to you,
you call yourself a man,
your children black and blue once again,
black and blue once again,
black and blue

Run, run, run,
why don't you walk away,
abusive husbands,
a childhood lost,
betrayed,
run, run, run
The old man's drunk again,
from the hand that feeds has turned into a fist,
the nightmares are our memories,
the broken homes and nose that bleed,
afraid to stay,
nowhere to turn,
domestic violence tragedies,
run, run, run,
why don't you walk away,
abusive husbands,
a childhood lost,
betrayed,
run, run, run,
why don't you walk away,
you need to make a choice cause things will never change

I ask a mother,
why don't you walk away,
abusive husbands,
childhood lost,
betrayed,
ask my mothers,
why don't you walk away,
abusive husbands,
childhood lost,
betrayed

The nightmares are our memories,
the broken homes and nose that bleed,
afraid to stay,
nowhere to turn,
domestic violence tragedies,
run, run, run
Keep on beatin' them down,
what could make you so mad to beat your own children?