

## In a Zone

### Anthrax

I'm standing on a ledge cold and naked  
Will someone come and offer me their help  
Sometimes I forget my medication  
Sometimes I forget to pray  
I'll make it through this fuckin' day

I'm unconscious, drunk and blinded  
Count to ten and then I unwind it  
I'm unconscious, drunk and blinded  
Take a deep breath and then I unwind it

I'm wearing out my skin I'm under pressure  
Pressure makes me burn it makes me ache  
Sometimes I want to burn the things that make me...  
Sometimes I stop myself too late  
It's written all across my face

I'm unconscious, drunk and blinded  
Count to ten and then I unwind it  
I'm unconscious, drunk and blinded  
Take a deep breath and then I unwind it

Wired, wired  
I'm in a zone, I'm in a zone, I'm a zone  
This is how I live

I never have to justify my actions  
Scathing rhetoric my saving grace  
Sometimes I really think that it's too noisy  
Sometimes I have to hit myself  
Words can kill as well as help

I'm unconscious, drunk and blinded  
Count to ten and then I unwind it  
I'm unconscious, drunk and blinded  
Take a deep breath and then I unwind it

Wired, wired  
I'm in a zone, I'm in a zone, I'm in a zone  
This is how I live

You can't touch me, ever  
Fear burns at my touch

Standing on a ledge will you come and help  
Will you burn yourself, would you help me then  
Fear burns at my touch, in its wake  
An ugly jagged scar across your face

I'm unconscious, I'm unconscious,  
I'm unconscious, I'm unconscious  
Count to ten, I'm unconscious  
Take a deep breath and then I unwind it

Wired, wired  
I'm in a zone, I'm in a zone,  
I'm in a zone, This is how I...

How I live, how I live, how I live, how I live  
I'm in a zone, I'm in a zone,  
I'm in a zone, this is how I live