

Shame
Walking out on you again
Fighting with
Demons that I can't contain
Walking on
But I want to turn and run
Through the empty streets
That through the mist and your new dawn light

Feel so lost
Can't take back all the pain and the damage I've caused

I'm not talking
I bury it within
Until it turns into a hell in my head
Hell in my head

Confess
In a solid panic I suppress
Vulnerable
Emotions that I can't express
So open up
Why do I feel so insecure
Irrational
Of the only thing I'm sure of

So I know
Trying to fit in this place but I just don't fit, no
I'm not talking
I bury it within
Until it turns into a hell in my head
A hell in my head
I'm not talking

I'm not talking
I bury it within
Until it turns into a hell in my head
A hell in my head
I'm not breathing
I got to hold it in
Until I breath to leave this hell in my head
This hell in my head

So take these tears
That stain my face
Take this fear
And in its place
Forgive my past
Forget your doubts
Take these words
And let them out