

I know what it's like to be alone sitting in your room  
Listening to all the doubts that your parents have to say to you

And as your head gets all cluttered inside  
Try to stay awake  
Everything they say are lies  
That's all the shit that you ever have to take

So hold in all your aggresions  
Because your grinding your teeth on down to  
The bottom of your chin

It's not easy or so damn pleasing  
To not laugh at everything they say that  
They tell you what to be you're not alone

I know what it's like to be denied at everything you do  
It's not the same reason why that  
Makes you change the things that you once knew

As your head gets all cluttered inside  
Give more than you take  
Everything they say are lies  
That's all the shit that you ever have to take

So hold in all your aggresions  
Because your grinding your teeth on down to  
The bottom of your chin

It's not easy or so damn pleasing  
To not laugh at everything they say that  
They tell you what to be you're not alone

You say you want to take off your shoes and  
Walk barefoot down the street  
Just to be the things that you can be  
Just live for one more week (Go!)

You say you want to take off your shoes just to  
Walk barefoot down the street  
Just to be the things that you can be  
Just live for one more week

So hold in all your aggresions  
Because your grinding your teeth on down to  
The bottom of your chin

It's not easy or so damn pleasing  
To not laugh at everything they say that  
They tell you what to be you're not alone