

The conversations with myself  
Screaming out words in which I felt  
It's like I've been tied down  
There's only one way out

I can't get the words out, I can't get the words out  
It's like someone cut out my tongue  
I can't get the words out, I can't get the words out  
It's like someone cut out my tongue

It seems my moth has been stitched closed  
The heavy weights lay on my throat  
The air has been stripped out  
There's only one way out

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