If you say I'm alive I guess I'm living
Why should I exercise the choice I've been given
Tell me every thing's fine and peace is coming
I won't listen to the heartache I know I'm in

When the world cast me down and says I've changed I survive on all the promises you made to me Guess there's no one to blame
When all your living on is bread of shame

Bread of shame
When the world says I've changed
Bread of shame
Just promise me fame
I survive on the bread of shame

As long as you say I'm free
Then keeps these chains off me
Tearing me down is how you fill this broken cup
When the world fell down it didn't fall on me
Because no one's around to believe me

When the world cast me down and says I've changed I survive on all the promises you made to me Guess there's no one to blame When all your living on is bread of shame

Bread of shame
When the world says I've changed
Bread of shame
Just promise me fame
I survive on the bread of shame

Tell me where to sign my name Sign on the piece of mind you left behind On the bread of shame

Tell me where to sign my name Because I have no piece of mind Only bread of shame

Bread of shame
When the world says I've changed
Bread of shame
Just promise me fame
I survive on the bread of shame