

## And Then They Run

Raised Fist

There is a story that I want to tell  
A little story from the inside of hell  
There wasn't anything that she could do  
She was trapped to the shit like glue  
Infuriated by the problems at his work  
The fucking jerk went berserk and let his anger  
Run the way up her back, a disgusting attack  
And then everything went black

Shut your mouth and feel the pain  
You're a prisoner at your own domain  
Where no one can hear you complain  
You're locked away in chains and emotions  
Doesn't help you  
Shut your mouth and feel the pain  
You're a prisoner at your own domain  
Where no one can hear you complain  
You're locked away in chains and emotions  
Doesn't help you now

When he promises it won't be the same  
It takes a couple of days then you feel  
Ashamed again, but the worst part of the  
Game is to be afraid all the time, in good or bad  
And I feel so sad when he treats you like a punching bag  
And your so called friends pretend like they can't see it  
They defend the bastard until the end  
And when it hurts me I can only imagine how it hurts you

And you can't feel free, like me, and you can't run  
And people act like they don't see this and then  
They run away from what they can't handle  
But no one thinks about how you handle this