

Hear the rumors wolves  
are at your heels  
fragile fingers strangle  
broken ideals  
no illusion see the light of day  
fading faster cannot get away  
fingers pointing knives  
are at your back

No surprise you know there  
ain't no wonder  
if you let go you know  
you're going under now  
just get a grip on yourself  
just get a grip  
just get a grip on yourself  
just get a grip  
just get a grip on yourself

Ancient history rears  
its ugly head  
truth is twisted as  
the lies are read  
makes no difference  
what they're trying to said  
I'm never giving them  
the time of day  
I got two fingers for you  
get outta my way

No surprise you know  
there ain't no wonder  
if you let go you know  
you're going under now  
just get a grip on yourself

Friend or foe just try to  
hold the wire  
you're the one who's gonna  
take you higher  
if you let go you know  
you're going under now

just get a grip on yourself  
just get a grip  
just get a grip on yourself