Face it, rage out!
Here's my darkest heart
Feel it, bleed out!
Weak by darkened thoughts
Feed it, wear out!
I am nothing but a shell
Loathe it, cry out!
An inner scream that's lost

I feel it
I bare it

Agony's no sin; embrace it Misery's no crime; concede it It's my pain...

Hide it, play nice
Here's my sunny smile
Blind it, look strong
It's more real once others see
Fake it, stay cool
Keep the pain inside your mind
Pretend you're tough
And keep the truth deep down in slumber

Agony's no sin; embrace it Misery's no crime; concede it Never keep it in; accept it Misery's no crime; allow it

My pain, it's mine to feel My rage, my obsessions, my exhaustion, my grief, my disappointm ents, my loss, my insecurity, my wounds, my anguish, my misery!

Agony's no sin; embrace it Misery's no crime; concede it Never keep it in; accept it Misery's no crime; allow it