

## Bent Outta Shape

Sick of It All

The pressure's building from deep inside  
Judged in a way so unfair and blind  
Done nothing wrong, done the right thing all along  
Been written off as if guilty of a crime

Subject of hate  
BENT OUTTA SHAPE  
And reeling from that fucked up exchange  
Subject of hate  
BENT OUTTA SHAPE  
Worked up, no longer down to work it out  
Get it out  
Get it out  
Take that pressure off

Calling for exoneration  
Out of nowhere quick knee-jerk reaction  
And so it goes - The insults start to fly  
Respect is pushed aside and no one does the right thing anymore

Subject of hate  
BENT OUTTA SHAPE  
And reeling from that fucked up exchange  
Subject of hate  
BENT OUTTA SHAPE  
Worked up, no longer down to work it out  
Get it out  
Get it out  
Take that pressure off, take it off

It's but a name  
It's such a strain  
It's all too much to take  
Now it's time to break  
Break oneself away  
Time to just abandon  
Let go of the burden  
Allow no rules or self-induced confusion  
Allow no fucking quarter