

## Hands Tied Eyes Closed

Sick of It All

Hands tied, eyes closed.  
So many things I've had to say  
So many chances have escaped.  
Facing life with blinders on  
A slave to my own inhibitions.  
And at times there's peace  
Moments of release  
From the terror that petrifies life.  
But it never lasts  
The sky's are overcast.  
The bravado is washed away.  
Hands tied, eyes closed.  
The things I've had to say  
Chances I've let escape  
Watch them slip away, watch them die out.  
Always there  
Hidden fear  
Of self doubt  
Cant break out.  
I wont let it win  
I cant let it win.  
I wont let it win  
I cant let it win.  
Close my eyes and hope  
Hope it goes away  
Hope I'm safe inside for another day.  
Close my eyes and hope  
Hope it goes away  
Hope I'm safe inside for another day.