

Listen to Yourself

Skin

You're talking
In circles
The words spit out your head
They blind you
With emotion that's plain dead

There wet sheets
Sex sodden
Mind spent and ill at ease
You mirror
Screams out this dark release

Cos only you can be your help
So darling listen
Listen to yourself

Cos only you can tame your hell
So darling listen
Listen to yourself

You know truth
But deny it
Too scared to make a break
Pure feeling
Just squandered in your wake

Don't tell me
Your virtues
Then run the same lame strife
To tiring
These excerpts of your life