

## Change

Staind

If ever, you had said to me before  
That I would live this life  
That I am livin' now I guess, it's all so strange  
To feel the way I do inside  
And have so much that I could feel  
Some pride for in my life  
So why is it that I feel like this?

How do I feel? I've been here before  
I've felt this  
Retreat to a place, a place within me  
I need this  
Keep it all down, bottled inside  
It breaks me  
To torment again and torture me like  
It used to

I try and try to break away  
From all the hate, I'm feelin'  
For everyone of you that's ever  
Done me wrong  
I need to justify the reasons  
For the way I'm livin'  
I guess, I can't cause I don't feel like I deserve

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I've felt this  
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I need this  
Keep it all down, bottled inside  
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So now the waves they have subsided  
And my soul is bleeding, I can't take away  
All the shame I feel, forgive me

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