

## For You

Staind

To my mother, to my father,  
It's your son or it's your daughter,  
Are my screams loud enough for you to hear me?  
Should I turn this up for you?

I sit here locked inside my head  
Remembering everything you said  
The silence gets us nowhere!  
Gets us nowhere way too fast!

The silence is what kills me  
I need someone here to help me  
But you don't know how to listen  
And let me make my decisions

I sit here locked inside my head  
Remembering everything you said  
The silence gets us nowhere!  
Gets us nowhere way to fast!

All your insults and your curses make  
me feel like I'm not a person  
And I feel like I am nothing but  
you made me so do something  
'Cause I'm fucked up because you are  
Need attention, attention you couldn't give

I sit here locked inside my head  
Remembering everything you said  
The silence get us nowhere!  
Gets us nowhere way to fast