

## Painful

Staind

I light another cigarette  
Stop to think about it  
Come to no conclusions  
Take each step as it comes  
Hold no prisoners except myself  
Painful thoughts denied

Try to explain  
My loss of words  
Fuck you I piss upon you all

My head is a barricade  
Filled with peaceful thoughts  
With evil outcomes  
No one understands  
Try to break the barrier  
I see no outlet  
No ones there to catch me when I fall

Try to explain  
My loss of words  
Fuck you I piss upon you all