

Why are we breeding destroyers of life  
Where have we gone so far wrong  
Nature or nurture sparks the debate  
It's gone on and on so long  
In our minds we search for the cause  
But when we reach our own brains we pause  
I ignore my aggression, I can't seem to see  
That driver is in you and me

Hid from the light, blinded from sight  
The pressure is built up inside  
Hid from the light, mind knows only night  
Atom by atom they're formed

I almost lost my way there  
It would have been easy to snap  
They always said don't hold it in  
Don't bottle your feelings inside