

## Hold Me Up, Hold Me Down

### Suicide Silence

Get off my nerves or what's left of them  
It shouldn't bother me so why does it?  
I'm letting this happen, I'm letting this happen  
Just haunt me gently so I can do no harm

I sit well in this cavernous place  
Laughter is music to me  
Chase me further, chase me further  
Rat race lost with all memory gone

Somebody  
Somebody  
Hold me up  
Hold me up  
Hold me up  
Hold me down  
Hold me up  
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Hold me down

Somebody  
Somebody  
Hold me up  
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Hold me up  
Hold me up  
Hold me up  
Hold me down

Shocking people  
People, shocking people  
Hold me up