Regret sits heavy in your chest
Until sometimes — it gets so hard to breathe
Sometimes it just wont go away, and you start to feel it'll nev
er leave
And when you think back on those times
it seems so close, just beyond your reach
But the past vanishes like smoke from a cigarette in the night
breeze

Please stop this pain Hurt for so long
Pain Hurt for so long
I've felt this way for so long

How is it that things turned out this way? What you hold most dear has come and gone Since the time that everything was right And now it just feels wrong, oh so wrong And your still dreaming of the time When the day will come, it was meant to be And you're still dreaming of a way To reach that place that you've never been

Pain
Hurt for so long
I've felt this way for so long