

Staind, Four Walls

The thoughts from my mind
Command my lips say I hate you
The thoughts from my mind
Command my hands to cut your silken flesh
The thoughts from my mind
Command my feet to stomp your head
The thoughts from my mind have one question...
When will this ever end?

CHORUS:

Not much to the life I live
Same 4 Walls
I have nothing left to give
Please take it all away....
Same 4 Walls

The thoughts from my mind
Feel the pain as rats claw at my flesh

The thoughts from my mind
Feels the joy as the needle hits my vein
The thoughts from my mind
Smells the stench as shit runs down my leg
The thoughts from my mind ask for sanity
Now for this I beg

CHORUS

(spoken)
my mind is like today.
damp dark dreary
as the rain falls outside beating,
though it hits the ground
i can feel it
slipping away
dying without decay
dying like my soul
from the inside out.
i can only prey
it won't be long
it won't be long now
it can't be long
it can't be long now...
help me...
(where do i go from here?)

The thoughts from my mind
Command my lips say I hate you
The thoughts from my mind
Command my hands to cut your silken flesh
The thoughts from my mind
Command my feet to stomp your head
The thoughts from my mind have one question...
WHEN WILL I BE DEAD?

CHORUS