Prisoners & Guards

Aisha Badru

I used to be afraid of the dark
I used to be afraid of what's inside my broken parts
As I sat beside myself and picked them apart
I made friends with the ghosts and the demons inside my heart

They ask me why I will not set them free
They've been trapped within the walls I built inside me
All this time I was the one I was holding on
So I cut the chains so they can go back home

We are the prisoners and we are the guards
Holding our pain hostage in our hearts
We are the prisoners and we are the guards
Holding our pain hostage in our hearts

I used to be afraid of the dark
In my heart
I used to be afraid of the dark
In my heart

Of the dark, of the dark
Of the dark, of the dark

I used to be afraid of the dark
I used to be afraid of what's inside my broken parts