Well it's hard not to feel alone
Staring at the fields I've sown
I feel a little torn as I'm pulling out the thorns
Sifting through the weeds I've grown
Feel like it's closing me in
And the air's just a little too thin
The corners and the walls seem as they will fall
But something's gotta give in the end

Ball and chain
Feel the weight as it calls my name
Why'd you have to take
Me so deeply?
Ball and chain
Feel the weight as I take the blame
Why'd you have to break
Me completely down?

My heart beats but the blood moves slow
I still breathe but the air's too cold
I know that I'm alive but if only to survive
Surviving to only get old
This current keeps pulling me in
And I'm flailing but the waves won't end
I struggle just to see as they're crashing over me
Don't know if I'll sink or I'll swim

Ball and chain
Feel the weight as it calls my name
Why'd you have to take
Me so deeply?
Ball and chain
Feel the weight as I take the blame
Why'd you have to break
Me completely down?
Me completely down
Me completely

Ball and chain
Feel the weight as it calls my name
Why'd you have to break
Me completely?

Ball and chain
Feel the weight as it calls my name
Why'd you have to take
Me so deeply?
Ball and chain
Feel the weight as I take the blame
Why'd you have to break
Me completely down?
Down
Down

Down