

# Lost In The Silence

**Capsize**

What makes you good enough to tell me that I'm so bad?  
That I'm not enough, wanted me to walk away  
But I wouldn't budge, don't tell me I'll be okay  
Like you give a fuck, 'cause I know you'd hate to see me win

If it's just in my head  
Why is it everything I'm seeing?  
I can't believe it  
If it's just in my head  
Why is it stopping me from breathing?  
From breathing

Another heart attack, if you hate me so much  
What keeps you coming back, just hiding in the shadows  
When I'm down and out, they tell me I'll be okay  
Like they'd ever know, 'cause I know you'd hate to see me win

I must be rid of this, trapped in my own silence  
Gasping with empty lungs  
It's in my bones, it's in my blood  
I hate who I have become  
An empty stare up at gray skies  
Filling the space the silence leaves behind

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Why is it everything I'm seeing?  
I can't believe it  
If it's just in my head  
Why is it stopping me from breathing?  
From breathing

Lost in time, we sleep to escape  
Pacing in circles, there's no easy way  
These memories become the blades  
Cut like goodbyes but I can't step away  
If you're leaving there's no reason left to stay

If you insist on breaking me down  
This casket remains  
The last place where  
Forever will mean a thing

Everything's gonna change  
And everyone will leave  
I will remain a ghost  
Caught somewhere between  
If you're leaving there's no reason left to stay  
There's no reason left to stay

Screaming through a severed connection  
I know they hear my voice through the static  
Voice through the static