Stained and afraid that this won't ever go away Engulfed inside a blaze of memories

And the strain of digging holes, is beginning to take it's toll And I saw this coming, when you started running over my dreams but isn't it funny

It eats at me slowly and I found redemption in suffering And it's just like you to say, I'd be better off without you an yway

Now I'm stumbling through my words and it's all your fault, so feel quilty

Stained and looking for a way out of this mess

The feelings and the truth are hard to confess

But you've seen the cycle round now I guess you had me figured out

So you watched me suffer, it inched it's way slowly under my sk in

But I saw this coming, when you started running

Now it seems sensible to burn the bridge

And it's just like you to say, that it's better when you have things your own way

Now I'm stumbling through my words and it's all your fault So feel quilty.