disconnect, to protect space yourself from the mess a chance to breathe, where the air is clean and all of your thoughts, and all your dreams so how can i say to you it's only me so how can i say to you it's only me it's only me here we are again the beating heart the sound you hear is innocence that cradles fear and everytime i see your pain i know it's me that i'm to blame so how can i say to you believe in me so how can i say to you believe in me it's killing me impaled myself with the spears i've slung and i've hung myself with words said trust me, i don't trust myself it's words said, words said here we are again wondering how we ever seemed to make this moment that i here we are again wondering how we're still here trying in spite of it all haven't learned a thing like sailing on a sea that's always raging the rains that fell for forty days well our anger now is more than just a reaction it's been building and now it won't go it's more than just a chain of thoughts that has brought us to this place we're just holding on to memories we're now dancing on their graves it's the words i once said to you that keeps you here today it's the words i once felt for you that i just can't say impaled myself with the spears i've slung and i've hung myself with words said trust me, i don't trust myself it's words said, words said here we are again wondering how we ever seemed to make this moment that i used to feel would last forever end of time we'd be together we're still here trying in spite of it all haven't learned a thing