

## 4 Walls

Staind

The thoughts from my mind  
Command my lips to say I hate you  
The thoughts from my mind  
Command my hands to cut your silken flesh  
The thoughts from my mind  
Command my feet to stomp your head  
The thoughts from my mind have one question  
When will this ever end?

Not much to the life I live  
Same 4 walls  
I have nothing left to give  
Please take it all away  
Same 4 walls

The thoughts from my mind  
Feel the pain as rats claw at my flesh  
The thoughts from my mind  
Feel the joy as the needle hits my vein  
The thoughts from my mind  
Smell the stench as shit runs down my leg  
The thoughts from my mind ask for sanity  
Not for this I beg

Not much to this life I live  
Same 4 walls  
I have nothing left to give  
Please take it all away  
Same 4 walls  
Same 4 walls

My mind is like today  
Damp, dark, dreary  
As the rain falls outside beating  
The leaves hit the ground  
I can feel it  
Slipping away  
Dying, without decay  
Dying, like my soul  
From the inside out  
I can only pray  
It won't be long  
It won't be long now  
It can't be long  
It can't be long now  
Help me (Where do I go from here?)

The thoughts from my mind  
Command my lips to say I hate you  
The thoughts from my mind  
Command my hands to cut your silken flesh  
The thoughts from my mind  
Command my feet to stomp your head  
The thoughts from my mind have one question  
When will I be dead?

This is the life I have to live

Same 4 walls  
I have nothing left to give  
Please take it all away  
This is the life I have to live  
Same 4 walls  
I have nothing left to give  
Please take it all away  
Same 4 walls  
Same 4 walls  
Same 4 walls  
Same 4 walls

There's nothing left for me...