

## Here And Now

Staind

You, you always said  
That I'm better when I'm not trapped in my head  
And you tried to explain  
But forgiveness feels much better than the pain

Here and now  
After everything we thought we knew  
Broken lies and shattered truths  
Lost and found  
Every memory that's bleeding through  
They all just seem to lead me back to you

And I can finally see  
The mistakes I made are glaring back at me  
For all I've done, for all I've lost  
'Cause the "in the moment" wasn't worth the cost

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