I remember back then
Back when I was so fragile
My skin was so thin

I found myself in a lot of trouble Tried to keep my temper But I always lost it

Every time I thought about the punches, the kicks, the black eyes Blood spit

Touching it only made it worse I tried to ignore it
But all I knew was the hurt

Cause when you put your hands on me I felt all the hurt It took my dignity
You broke me down

Left on my hands and knees
Kicking and screaming the ground
Cause I felt so alone
I felt like nothin'

I felt nothing more than this Wanted to lie down in the streets And just quit Give it up

And now that I'm older
I'm learning to take the heat
And dish it out colder

I've been beaten and broken down
It's about that time that I take my life back
I've been kicked when I'm on the ground
No more beatings
No more no more
I used to look down on myself
And it's so hard to let the past go
I've still got these marks of hate
The ones that you put on me

Uncomfortable in my skin
Every Day and Night
Living in a nightmare
I couldn't wake from if I tried
Running from my problems
Yet they're catching up to me
I was locked inside my head
By my very insecurity

On those lonely nights when I felt left out When no one seemed to care
Knew that without a doubt
I would pound and I would scream

Until to I go
Cause the world made it know
That my weakness was shown

Took a long time to see
I was in my dark days and I just couldn't breathe
It was hell for me
1, 2, 3, is the count
When I would breath instead of letting it out
Stress

Beaten and broken down
It's about that time that I take my life back
I've been kicked when I'm on the ground
No more beatings
No more no more
I used to look down on myself
And it's so hard to let the past go
I've still got these marks of hate
The ones that you put on me

You cannot push me anymore Keep your hands away from me I want nothing more

You cannot push me anymore Keep your hands away from me I want nothing more

Mothasucka