

My mind is screaming  
My head is dreaming  
My eyes don't sense reality  
Sometimes i loose it  
or i confuse it  
i fear for my mentality

but i don't know where to start  
when the pain tears me apart  
and i can't keep touch  
when it gets too much

then i'll snap, snap  
then i'll snap, snap

although i hate it  
i can't deflate it  
that ain't the way it oughta be  
I know the seasons  
i've tried to reason  
the answer's right on front of me

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when the pain tears me apart  
and i can't keep touch  
when it gets too much

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when the pain tears me apart  
and i can't keep touch  
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then i'll snap, snap

but i don't know where to start  
when the pain tears me apart  
and i can't keep touch  
when it gets too much  
and i can't hold ground  
could you pull me down

then i'll snap, snap  
then i'll snap, snap  
then i'll snap, snap  
then i'll snap, snap