

#11 MENTAL ILLNESS: Nothing Left (to Hold But My tongue)

I've lived a long time without living
Died a long time without dying
Laughed out loud in the middle of the night
Just to keep from crying
I tried and I'm still trying to forget
The damage you've done
Now I've got nothing left to hold but my tongue

I used my words as my weapons
To sting and stab and cut
Yes, I told everything
To make you hurt like I hurt
But you did not bleed, your silence thundered
That it was over, it was done
Now there's nothing left for me to hold but my tongue

Bridge: I curse the world, I curse the world and all who live in it
 Behind every angry word is a world of hurt
 I need some time to clear my mind
 The pain screams in it
 I need to protect you and to protect myself from these bitter words

Every shut eye ain't sleep
Every goodbye ain't gone
I'll take my life and I'll disappear
I'll be, I'll be a hostage in my own home
I'll lock the doors, I'll board the windows
I'll block out all the sun
For there is nothing left for me to hold but my tongue

So I'll stay here as a hostage
Pay the ransom for myself
I'm not worth much of nothing
I'll just give my dying breath
I hide behind the mirror
I'm scared to see what I've become
Cuz there's nothing left for me to hold but my tongue
Tag—No, there's nothing left for me to hold but my tongue