

## **Raised Fist "And Then They Run"**

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There is a story that I want to tell  
A little story from the inside of Hell  
There wasn't anything that she could do  
She was trapped to the shit like glue

Infuriated by the problems at his work  
The fucking jerk went berserk  
And let his anger run the way up her back  
A disgusting attack and then everything went black

Shut your mouth and feel the pain  
You're a prisoner at your domain  
Where no one can hear you complain  
Locked away in chains and emotions doesn't help you

Shut your mouth and feel the pain  
You're a prisoner at your domain  
Where no one can hear you complain  
Locked away in chains and emotions doesn't help you  
now

When he promises it won't be the same  
It takes a couple of days then you feel ashamed again  
But the worst part of the game is to be afraid all the  
time  
In good or bad

And I feel so sad when he treats you like a punching  
bag  
And your so called friends pretend like they can't see it  
They defend the bastard till the end and when it hurts  
me  
I can only imagine how it hurts you

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Locked away in chains and emotions doesn't help you  
now

And you can't feel free, like me, and you can't run  
And people act like they don't see this and then they  
run away  
From what they can't handle  
But no one thinks about how you handle this

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