

## **Rollins Band**

### **"Grip"**

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See me - Put yourself in my place  
Be me - Put my eyes in your face  
Maybe then you'll see why this place terrifies me  
And why I've got to get myself away  
So hard to deal with the ones who can't feel  
They continually blow my mind

No need - I've been burned enough times myself  
You're like me - Sometimes you scare yourself  
The things that you think  
And the way that you feel  
Makes you think you're all alone  
When you go outside  
And try to find a familiar mind  
It really lets you know that you're on your own  
So unknown

When those walls close in around you  
When all about you doubt you  
When the world can live without you  
Get a grip and keep it  
You see how hard they'll shove you

Hate your guts and tell you they love you  
Get a grip right now  
You see how far you get pushed  
How long they'll hold you down  
Feed you lies  
Drive you insane  
Give you poison to kill your pain

Know me - I see the fear in your eyes  
Pull back - There are some things to realize  
So hard to deal with the ones who aren't real  
It's unbelievable what they'll put you through  
Twist you up inside  
Filthify and punish your mind  
You don't have to live like that  
You've got to get your self respect  
Jump back, get your self respect  
You've got to jump back  
Keep your self respect intact

You've got to keep it like that  
Your self respect

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