

## Staind "Four Walls"

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The thoughts from my mind  
Command my lips, say, "I hate you"  
The thoughts from my mind  
Command my hands to cut your silken flesh

The thoughts from my mind  
Command my feet to stomp your head  
The thoughts from my mind have one question  
When will this ever end?

Not much to the life I live  
Same four walls  
I have nothing left to give  
Please take it all away  
Same four walls

The thoughts from my mind  
Feel the pain as rats claw at my flesh  
The thoughts from my mind  
Feels the joy as the needle hits my vein

The thoughts from my mind  
Smells the stench as shit runs down my leg  
The thoughts from my mind ask for sanity  
Now for this I beg

Not much to the life I live  
Same four walls  
I have nothing left to give  
Please take it all away  
Same four walls

My mind is like today, damp dark dreary  
As the rain falls outside beating  
Though it hits the ground  
I can feel it slipping away

Dying without decay  
Dying like my soul  
From the inside out  
I can only prey

It won't be long  
It won't be long now  
It can't be long  
It can't be long now, help me  
(Where do I go from here?)

The thoughts from my mind  
Command my lips, say, "I hate you"  
The thoughts from my mind  
Command my hands to cut your silken flesh

The thoughts from my mind  
Command my feet to stomp your head  
The thoughts from my mind have one question  
When will I be dead?

Not much to the life I live  
Same four walls  
I have nothing left to give  
Please take it all away  
Same four walls

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