

Guilt Trips And Conversations

Adam Gontier

Guilt is the game that you play with yourself
Either betraying your conscience or blaming someone else
Get defensive, aggressive or block out everyone
but eventually you'll find the day will come
When you find the answers to the way you are today
The "why's" and the "who's" they don't matter anyway

Blame your mother
Blame your father
Blame it all on me
Or you can look in a mirror and see the reality
That the guilt will make you crazy
It'll make you live in fantasy
We only have one life to live
It's your time to change and make things right
How will you sleep tonight?

With a guilt lying beside you
Holding your hand, whispering you lullabies in a dreaming head
You are lying and you are growling,
You're scaring of everyone and you're running for safety
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