Sick and tired of these little punks No way, no how I'll just turn away It's everyday that I can't control All the things I do, all the things I say This time I will hold it down I won't give in, I won't go insane But I can't control my brain Filled with sorrow, hate, rage, and pain Take a look at the beginning When I strayed so far away Back when everything was working There was still just you and me Now I'm standing here with nothing Left to lose or left to gain Everyday I feel like dying I can't seem to find my way This is my life These arms are broken now From beating down the door Afraid of who I was Afraid of knowing more My life is tearing up The feelings that freed My heart is colder Waiting for my hands to bleed So much damage has been done To everyone I've ever known Never knew what I was doing Never meant to bring it home And though yesterday still lingers Empty bottles ease the pain Let the past slide through my fingers I'm the only one to blame This is my life These arms are broken now From beating down the door Afraid of who I was Afraid of knowing more My life is tearing up The feelings that freed My heart is colder Waiting for my hands to bleed I see my face in your eyes (I see my face in your eyes) And I know what I regret But I can't change what I am And what I am is empty This is my life This is my life These arms are broken now From beating down the door Afraid of who I was Afraid of knowing more My life is tearing up The feelings that freed My heart is colder Waiting for my hands to bleed These arms are broken now

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