I've been afraid and I know
I'm the only one that can change it
And I feel the weight on my shoulders
Knowing that one day it'll make sense
It's hard I know
Living in this cold world
Where no one's emotional
And when I lose control
Where do I go?

How do you fight it?
The hate and the violence
The same that's inside me
And the pain that ignites it
Now in the silence
How do I hide it?
I know it's time to get by it
When it's all I ever feel here

I'm lost in the moment
My mind state keeps me broken
And I'm feeling so hopeless
But something's telling me to hold on
I'm lost in the moment
My mind state keeps me broken
And I'm feeling so hopeless
But something's telling me to hold on

It feels like I will never see
An end to be torn beneath
Struggle between war and peace
All I seem to feel is
More hurt, friends turn to enemies
Lord why don't you send for me
And this is all I've got to be..me
And how the hell can I not see clear?
I don't want to be another simple detail

How do you fight it?
The hate and the violence
The same that's inside me
And the pain that ignites it
Now in the silence
How do I hide it?
I know it's time to get by it
When it's all I ever feel here

I'm lost in the moment
My mind state keeps me broken
And I'm feeling so hopeless
But something's telling me to hold on
I'm lost in the moment
My mind state keeps me broken
And I'm feeling so hopeless
But something's telling me to hold on