

## Act Your Rage

Sick of It All

I see it there in your eyes,  
there behind all the worry  
Dreaming of glory days  
left far behind  
Force it down,  
locked it away  
or maybe  
you got bored with it  
Or maybe  
you never had it in you from the start

ACT YOUR RAGE

Now you come round  
looking down at what all we're doing  
speaking of golden years  
of days gone by  
Look at you all  
"82" vintage hoodie,  
vintage sneakers,  
an overpriced t-shirt  
of a straight edge band that sucked

ACT YOUR RAGE

We all have commitments of our own  
but we still feel this DEEP IN OUR SOULS  
You have to find a balance  
to keep your self sane  
Don't just be nostalgic COME ACT YOUR RAGE  
Don't be the one stuck in the past  
The golden moments now  
SO PULL YOUR HEAD OUT YOUR ASS

So act your FUCKING RAGE