

## Rewind

### Sick of It All

I saw red for a second, so frustrated  
I'm not immune to pressure  
Thought I could control it, but I buckled  
Lashing out for no good reason at all

Wish I could take it back, wish I could just rewind  
Wish I could take it back and just not lose my head  
Wish I could take it back, wish I could just rewind  
Wish I could take it back and just not lose my mind

Words could not make up for the things so stupid  
How futile is the effort  
So I make this promise and I'll keep it  
I'll never hurt the ones I cherish so much

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