

Take A Breath

Underoath

I waited patiently
Till I figured it out and calmed you down
You saw it differently
You're my shadow now, I'll cast you out into the dark
Stay (Stay) awake (Awake)
And pray (Pray) for another way out
You can fake (Fake) anything (Anything)
But your past (Your past) has its hands around your neck

Take a breath if you need it
Hold it in for a minute, can you feel me?
Inside you're so empty
You can try all you want, you won't fill it

Such a waste (You just can't escape)
Separate (You just float away)
Such a waste (I used up all my time)
Suffocate (I really wish you'd suffocate)

I've had this feeling before
It's always around, it drags me down
This time of year
There's a certain smell I can't ignore

Don't give up, not this time
Can't go back again
Can't go back again
(Do you care if I'm alright?)
Is anyone listening?

Take a breath if you need it
Hold it in for a minute, can you feel me?
Inside you're so empty
You can try all you want, you won't fill it

Such a waste (You just can't escape)
Separate (You just float away)
Such a waste (I used up all my time)
Suffocate (I really wish you'd suffocate)

Pull me in, cover me, bury me, walk away
I won't notice
It's so hopeless
Follow me silently off a ledge so we can sleep
So we can sleep

Take a breath if you need it
Take a breath if you need it
Come on, breathe
Take a breath