

THE HOSTAGE

I feel like I walk in circles in my head
These thoughts embrace me into a world of red
I can't seem to escape, from my own mind
While fighting the battles for which I lose every time
No use for feeling scared, but I can't calm
Fear is a fear itself, and the fear is strong

I dream of a moment of silence in my head
To know what it's like to live without constant dread
The fear that consumes me takes over and I can't breathe
What I'd give to turn off the thoughts and just be free
The panic comes every time and I can't stop
I'm a victim, a hostage of my own thoughts

CHORUS

Just make it all go away

Just make it stop for one damn day

I'm sick of the repeat of worry in my mind
Afraid of mistakes, of hurt feelings, of losing time
Lack of control is the demon that haunts my soul
The fear of own failure consumes me and won't let go
Thoughts won't stop, as they play again and again
Controlled by a mind that won't let me win

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