

# Naked Aggression, Wound Up

I'm starting to feel nervous, full of anxiety.  
My heart will not stop shaking. my hands are trembling.  
My adrenalin is rushing, my stomach's knotted up  
Can't make this feeling go away. I know I'm gonna blow up!

Whoah-oh-oh, I kick and scream and break a chair.  
Hate everything and I don't care.  
Whoah-oh-oh, I smash a bottle down the stairs.  
It doesn't matter who is there.  
Whoah-oh-oh, I've lost control. I'm flipping out.  
Can't get a grip, I scream and shout.  
Whoa-oh-oh, don't come near me I want to destroy  
Every God damned thing!

Don't want to take it out on you.

I don't know how to stop.  
I try to make myself calm down, but I'm just too wound up.  
I hate myself for doing this because you are my friend.  
This viscous temper's killing me.  
Can't put it to an end!

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