

# Skin, Listen To Yourself

You're talking  
In circles  
The words spit out your head  
They blind you  
With emotion that's plain dead

There wet sheets  
Sex sodden  
Mind spent and ill at ease  
You mirror  
Screams out this dark release

Cos only you can be your help  
So darling listen  
Listen to yourself

Cos only you can tame your hell  
So darling listen  
Listen to yourself

You know truth  
But deny it  
Too scared to make a break  
Pure feeling  
Just squandered in your wake

Dont tell me  
Your virtues  
Then run the same lame strife  
To tiring  
These excerpts of your life