

# Staind, Here and Now

You always said that I'm better when I'm not trapped in my head  
And you tried to explain, but forgiveness feels much better than the pain

Here and now  
After everything we thought we knew  
Broken lies and shattered truths  
Lost and found  
Every memory that's bleeding through  
They all just seem to lead me back to you

I can finally see  
The mistakes I made are glaring back at me  
For all I've done, for all I've lost  
The in the moment wasn't worth the cost

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Lead me back to you

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