Built To Spill, Gone

Hey, where were you today
How did you escape
The way no one gets away
Cause no one's gone

Fate guided me to hate
Invited me to take the bait
Realized too late
That I was gone

Say, how can you explain
Person to the pain
And then
Sickness to the sane
But it's all gone

Most of us get riled up
Justify the lies that we believe
Not enough to disbelieve them
I've been thinking you've been treating
Situations seemingly unkind
Stockade seems to still be working

(Not exact lyrics:)

Change your heart
Save yourself
Some damn ____
I get ashamed
Sound that sound
?