No Use For A Name, Chasing Rainbows

Just heard the news today, let yourself down once again Trusted your feelings in a place that no one goes Will you do anything to satisfy your so-called friend? There's something you ought to know before you explode

All I want to do is make sure you stop chasing rainbows Trusting those around you is an easy thing to do I'm not saying don't believe in someone that you don't know Just don't go on thinking that the whole world tells the truth

It's all fucked up, being reserved and quiet She doesn't understand the message that you send Don't give it all away somewhere, sometimes there's someone Who can replace that state of mind, you never give it time (never)

All I want to do is make sure you stop chasing rainbows Letting everybody crawl inside your heart and mind Kicking you is easy when you're down That's where the weak go To release their anger on someone who will not try To stand up and give them a fight