

# Staind, It's been a while

And it's been awhile  
Since I could hold my head up high  
And it's been awhile  
Since I first saw you  
And it's been awhile  
Since I could stand on my own two feet again  
And it's been awhile  
Since I could call you

And everything I can't remember  
As fucked up as it all may seem  
The consequences that I've rendered  
I've stretched myself beyond my means

And it's been awhile  
Since I can say that I wasn't addicted  
And it's been awhile  
Since I can say I love myself as well  
And it's been awhile  
Since I've gone and fucked things up just like I always do  
And it's been awhile  
But all that shit seems to disappear when I'm with you

And everything I can't remember  
As fucked up as it all may seem  
The consequences that I've rendered  
I've gone and fucked things up again

Why must I feel this way?  
Just make this go away  
Just one more peaceful day!

And it's been awhile  
Since I could look at myself straight  
And it's been awhile  
Since I said I'm sorry  
And it's been awhile  
Since I've seen the way the candles light your face  
And it's been awhile  
But I can still remember just the way you taste

And everything I can't remember  
As fucked up as it all may seem to be I know it's me  
I cannot blame this on my father  
He did the best he could for me

And it's been awhile  
Since I could hold my head up high  
And it's been awhile  
Since I said I'm sorry