

## Fill in the gaps

## Helena Beat by Foster The People

| Sometimes life it takes you by the hand                    |
|--|
| It puts you down before you know it                        |
| It's (1) and you're dead again                             |
| I've been in places and I won't pretend                    |
| That I make it I just follow my head                       |
| When its strange to take a (2) downstairs                  |
| Sweep you all up on a corner and pay for my bread          |
| You know that I cannot (3) my own truth                    |
| To show what a truth, got nothin' to lose                  |
| Yeah yeah and it's okay                                    |
| I tie my hands up to a chair so I don't fall (4) way       |
| Yeah yeah and I'm alright                                  |
| I took a sip of something (5) but I'll hold on             |
| tight  |
| You know those days when you wanted to choose              |
| To not get out of bed and get lost in (6) head again       |
| You play the game but you gotta cut                        |
| 'Cause you're coming down hard your joints are off stud    |
| I tried to say that's not the only way                     |
| I never knew if I could convince myself to change          |
| You were pacing I was insecure                             |
| Slip and fall I got the call of the prison I was living in |

| Yeah yeah and it's okay                               |
|---|
| I tie my hands up to a chair so I don't fall that way |
| Yeah yeah and I'm alright                             |
| I took a sip of (7) poison but I'll hold              |
| on tight  |
| Yeah yeah and it's okay                               |
| I tie my hands up to a (8) so I don't fall that way   |
| Yeah yeah and I'm alright                             |
| I took a sip of something poison                      |
| A sip of something poison                             |
| Yeah yeah and it's okay                               |
| I tie my hands up to a chair so I don't fall (9) way  |
| Yeah yeah and I'm alright                             |
| I took a sip of (10) poison but I'll hold             |
| on tight  |
| Yeah yeah and it's okay                               |
| I tie my hands up to a chair so I don't fall that way |
| Yeah yeah and I'm alright                             |
| I took a sip of something poison                      |
| A sip of something poison                             |



- 1. gone
- 2. walk
- 3. believe
- 4. that
- 5. poison
- 6. your
- 7. something
- 8. chair
- 9. that
- 10. something

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