

## YOU GOTTA KNOW WHO YOUR FRIENDS ARE

Lyrics by Stefanie Seskin

I once knew this girl  
I knew her for a while  
At first I thought there was something strange  
But then I pushed that thought away  
She called me up one day  
She had no place to stay  
So I let her move into my home, what a mistake I made



She wouldn't go to work at all  
Yeah, we were heading for a fall  
The day she left was the day collectors came  
I never heard from her again, bet I will when she needs something

### CHORUS:

You gotta know who your friends are - trust your gut  
'Cause if you don't their true colors will show when you're in a rut  
You gotta know who your friends are - trust your soul  
'Cause if you don't there'll be nobody there when you need 'em most

This girl and I were close  
Her problems were intense  
I thought her heart was made of gold  
So it didn't make no sense  
She called me up one day  
Her faith had gone astray  
I didn't know what to say, but I listened anyway

And when her worries were all gone  
I sought out her shoulder to cry on  
And met with "Sorry, but I just can't take your pain"  
Next time I heard from her again, don't you know it? She needed something

### CHORUS

Well the next time  
I won't close my mind  
But I'll watch for the signs  
Even when I don't want to see

### CHORUS

Show me don't tell me

## TELEPHONE GAME

Lyrics by Stefanie Seskin

Kathy told Danielle she was mad as hell at what Chris did to Darlene, oh what a scene

And then Danielle told Claire and Claire told Sheri but she thought Danielle was talking 'bout me

Well, I've got an alibi, I was out that night  
With another group of friends in another type of fight  
Always in the eye, it's no place to be  
So many words flying, I just can't breathe

Who said what to who? I don't care  
It's like the telephone game and I don't wanna play  
But whatever I say, it ends up the same way  
With me in the middle

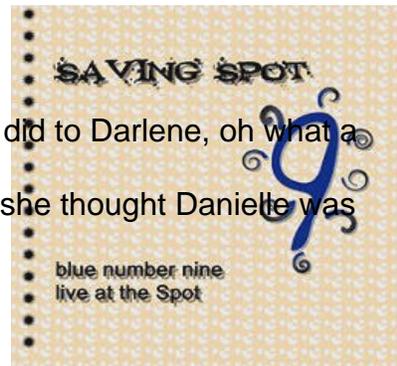
Trying to calm down Sheri the other phone rings  
And Claire says, "I've heard some pretty messed up things about what you said  
and what you did.

It was Darlene's party and she's so upset.  
Said I thought you were cool, I thought you were real,  
But I just can't invite you out with us tonight, that's the deal."  
So do I defend myself? There's nothing to defend!  
Miscommunication causing war amongst friends

### CHORUS

I hang up the phone and shout out "no more"  
Too many complications come with being social  
Said how'd it all go wrong? How'd it all go wrong?  
Why can't we just all get along?

### CHORUS



## Jerkin' My Chains

Lyrics by Stefanie Seskin and Elisa Lopez

When we first started, you were so sincere  
My knight in armor, I had nothing to fear  
You never did things that you didn't feel  
I should've known that you were not for real

You said the right words, you did all the right things  
Our love made others look like one night flings  
When we made love it made my body whole  
But now I know that you don't have a soul

### CHORUS:

You've been jerking my chains  
Pulling my strings  
Playing me like some violin  
You've been jerking my chains  
Playing your games  
Well, baby boy, now the rules have changed

The good news baby is I've seen the light  
And yeah, I know I'm gonna be all right  
And some day, baby, when you're toothless and bald  
You'll wonder why you can't have it all

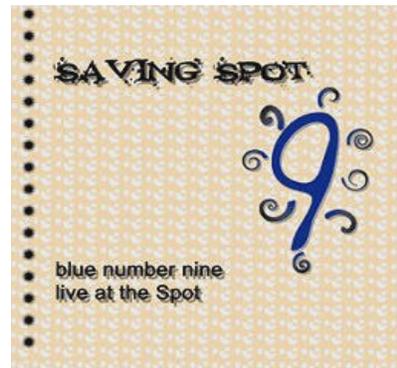
### CHORUS

I could have regrets or I could plot revenge  
I could beat myself up again  
I could get depressed or wallow in hate  
But- guess what - your love wasn't all that great!

### CHORUS

Chain chain chain, jerking my chains  
Chain chain chain, well I'm no fool - NO

### CHORUS



## You Tell Me I Know

By Stefanie Seskin

Long ago, you explained that many times before you were used and hurt  
Treated worse than dirt  
I promised I was one that you could trust  
For it to work, you must  
But getting you to open up your heart was like trying to break into an armored car  
I wasn't getting very far  
And both of us were sure that soon the arguments would start



Well, everything is different now  
I don't know exactly when it changed or how  
But your fog has lifted  
And your faith has shifted  
The pale blue deep in you has broken through

### CHORUS:

It used to be, "Don't say it if it's not so"  
But now when I say "I love you"  
You tell me, "I know"

Both of us concluded from examples in our past that it doesn't last  
I promise, though, that I won't let the "I don't care" temptation interfere  
'Cause opening my heart, I must confess, was like the stress I get now  
When I don't know where you are  
When I need you in my arms  
Just like you, the tarnished hue of fear has colored my life too

Well, everything is different now  
I don't know exactly when it changed or how  
But your fog has lifted  
And your faith has shifted  
The pale blue deep in you has broken through

### CHORUS

## All the Way

lyrics by Stefanie Seskin

I didn't mean to be cold as the rain in fall  
I wasn't being flippant like some know-it-all  
When I told you I've heard that same sad song before  
The one about the broken heart that can't love any more  
I won't drink you up like Listerine just to spit you out  
I won't drag you like a cigarette then blow you off  
I don't want you to think I'm making fun of all your fuss  
But you're not losing anything by giving me your trust

I know you're shaking like the Great Quake  
Afraid of the inevitable heart ache  
Suspicious of my confidence  
It's just I have no doubt about us, no I have no doubts

### CHORUS:

That it's gonna be all right, it's gonna be okay  
Why don't we take it all the way  
yeah, it's gonna be all right, it's gonna be okay  
Why don't we take it all the way

I know she took you for granted like a brat does to parents  
Then you blew like a fuse to be replaced by someone new  
But this time, you'll see a change in your history  
'Cause love won't be a war in your life any more

I know your soul is sizzling like a wild fire  
Afraid you're heart will burn up in this love pyre  
Suspicious of my confidence  
It's just that I have no doubt about us, no I have no doubts

### CHORUS

Unlock the cage around your heart and set it free  
Together we'll fly so high the past will never have been

### CHORUS



## SWEET SUGAR HONEY

By Stefanie Seskin

I'm just a simple soul  
Floating through this world  
Of sights & sounds & smells  
And sensory overload  
Sour faces in the morning - Bitter clients at the job  
Salty dogs at the bar - Spicy stories

I'm just a hungry soul  
Wanting something good  
To see & hear & taste  
At least once in a day  
Tangy tales on the phone - Nasty news  
Yucky songs on the radio - Bland tv shows

And every day's end I got a bad taste in my mouth  
And it won't go away  
So if you're wondering why I've got such an appetite  
this is why - this why

### CHORUS

You're my sweet sugar honey cotton candy  
Your love is a treat, it's good enough to eat  
You're my sweet sugar honey cotton candy  
Like cookies and cake, let's bake

I'm just a craving case  
A basket case  
Craving satisfaction  
I try wine, I try beer, I try cheap chocolate  
Taking what I can get, but I'm quite sick of it

I'm just a starving soul  
My soul is starved of juicy good tasty simple life's pleasures  
It's all overheated, burnt, frozen, overprocessed  
With additives and sedatives and flavored with repetitives

And every day's end I got a bad taste in my mouth  
And it won't go away  
So if you're wondering why I've got such an appetite  
this is why - this why

### CHORUS



## HOOK IN

By Stefanie Seskin

I am not a teacher, no I'm not even smart  
What I do is what I feel, I follow what's in my heart  
But what I find and what I see  
Is senseless pain and misery  
People hurting people  
Justified as just the breaks

I am too a sinner, I don't claim to be no saint  
But I can't take advantage of someone else in any way  
While what I find and what I see  
In this wealthy country  
Is people using people  
Justified as just business

But I'm not gonna HOOK IN won't let it drag me down  
They want fear - won't get it  
I'm not gonna HOOK IN - no no no no

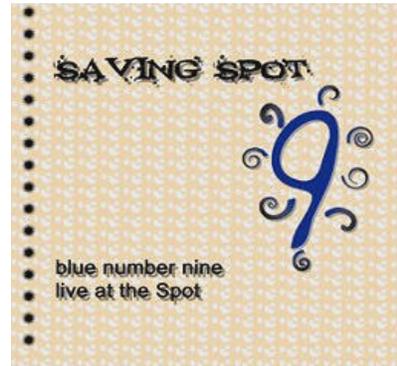
I am not a loser but sometimes I do get beat  
But I won't be defeated even though I'm goin' crazy  
Well what I find and what I see in the glass is me  
A person amongst people  
Striving not to justify

## CHORUS

Guess I am just a dreamer, so I have been told  
'Cause I believe that I don't need someone else's mold  
With all I've learned, I still get burned  
In heated battle scenes  
But if it happens today  
I will just walk away, because

breakdown

## CHORUS



## Like We All Do

Lyrics by Stefanie Seskin

I speak my mind 'cause it's my life  
I make my bed and am prepared to lie in it  
I am aware there will be consequences  
I was in love, there was no doubt  
Then someone came and turned it inside out  
I'm not afraid of the changes I have made  
I couldn't fight what I knew was right

Now I am sorry that I caused him pain  
And I apologize that someone had to lose  
But the whispers and the glances and sarcasm won't get through  
I don't need to be forgiven  
Just because you don't approve

### CHORUS

I said I do what I feel I need to just like we all do  
So how 'bout you don't judge me and I won't judge you

There was a time I cared what people said  
But if I let their words drown out my heart I'm better off dead  
Was I wrong? Am I bad?  
Apply your labels to keep your life stable

Now I am sorry that I confirmed his fears  
And I apologize for all the tears though they're always near  
Warn me of danger, call me stranger, call me wreckless fool  
But I will be free & happy  
Even though you don't approve

### CHORUS

I can't lie, why should I  
Or keep it deep inside  
I can't hide what I'm feeling  
So why even try?

### CHORUS

