P.O.W ~Alicia Keys

I'm a prisoner

Of words unsaid

Just lonely feelings

Locked away in my head

I trap myself further

Every time I stay quiet

I should start to speak

But I stop and stay silent

And now I've made

My own hard bed

Inside a prison of words unsaid

I am a P.O.W.

Not a prisoner of war

A prisoner of words

Like a soldier

I'm a fighter

Yet only a puppet

Mostly I only say

What you wanna hear

Could you take it if I came clear?

Or would you rather see me

Stoned on a drug of complacency and compromise

M.I.A.

I guess that's what I am

Scraping this cold earth

For a piece of myself

For peace in myself

It'd be easier if you put me in jail

If you locked me away

I'd have someone to blame

But these bars of steel are of my making
They surround my mind
And have me shaking
My hands are cuffed behind my back

I'm a prisoner of the worst kind, in fact

A prisoner of compromise

A prisoner of compassion

A prisoner of kindness

A prisoner of expectation

A prisoner of my youth

Run too fast to be old

I've forgotten what I was told

Ain't I a sight to behold?

A prisoner of age dying to be young

To my head is my hand with a gun

And it's cold and it's hard

Cause there's nowhere to run

When you've caged youself

By holding your tongue

I'm a prisoner

Of words unsaid

Just lonely feelings

Locked away in my head

It's like solitary confinement

Every time I stay quiet

I should start to speak

But I stop and stay silent

And now I've made

My own hard bed

Inside a prison of words unsaid