



## Fill in the gaps

### Helena Beat by Foster The People

Sometimes life it takes you by the hand  
It puts you (1)\_\_\_\_\_ before you know it  
It's gone 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 (3)\_\_\_\_\_ I cannot believe 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 (4)\_\_\_\_\_ so I don't fall that way  
Yeah yeah and I'm alright  
I (5)\_\_\_\_\_ a sip of something poison 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 (7)\_\_\_\_\_ way  
Yeah yeah and I'm alright  
I took a sip of something 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 that way  
Yeah yeah and I'm alright  
I took a sip of something poison but I'll hold on tight  
Yeah yeah and it's okay  
I tie my (9)\_\_\_\_\_ 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...



Answer

1. down
2. walk
3. that
4. chair
5. took
6. your
7. that
8. chair
9. hands

Fill in the gaps