



## Fill in the gaps

### Helena Beat by Foster The People

Sometimes life it (1)\_\_\_\_\_ you by the hand  
It puts you down 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 (2)\_\_\_\_\_ my head  
When its strange to take a walk downstairs  
Sweep you all up on a corner and pay for my bread  
You know that 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 chair so I don't fall that way  
Yeah yeah and I'm alright  
I took a sip of (3)\_\_\_\_\_ 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 your head again  
You play the game but you gotta cut  
'Cause you're coming down (4)\_\_\_\_\_ your joints are off  
stud  
I tried to say that's not the only way  
I never knew if I could (5)\_\_\_\_\_ myself to  
change  
You (6)\_\_\_\_\_ pacing I was insecure  
Slip and fall I got the (7)\_\_\_\_\_ of the prison I was living in

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 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 (9)\_\_\_\_\_ 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 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...



Answer

**Fill in the gaps**

1. takes
2. follow
3. something
4. hard
5. convince
6. were
7. call
8. chair
9. that