



## **OVERVIEW**

Confess is a groove metal band originally from Tehran, Iran, now based in Oslo, Norway. The band has become a symbol of artistic freedom and resistance, blending aggressive music with deeply personal and political lyrics. Confess stands out not only for its powerful sound and lyrics but also for its story: creating art under censorship and overcoming persecution to continue performing internationally. The band's music combines elements of groove metal, death and nu metal.

## **EARLY ROOTS & CONFESS FORMATION**

Nikan formed Confess in 2010 in Tehran, Iran, the band's ideology reflects the experiences of living under a theoretical political system, combining critiques of organized religion with commentary on sociopolitical issues and personal struggles. Their debut album, "Beginning of Dominion", was released on January 1st, 2012. By 2014, Confess had released four singles and an EP titled "Back to My Future [2/4]". The single 'Encase Your Gun' emerged after the Iranian regime suppressed the Green Movement in 2009.

## **CONFRONTING REPRESSION**

Following the 2015 release of their second album *In Pursuit of Dreams*, Nikan and his bandmate Arash Ilkhani were arrested by Iran's Revolutionary Guard on charges including blasphemy, propaganda, and forming an illegal music group. They endured three months of solitary confinement and a year in the general population of the notorious Evin Prison. In absentia, they were later sentenced to more than 14 years in prison and 74 lashes.



## **REBIRTH IN NORWAY & NEW MUSIC**

After receiving an invitation from Norway and obtaining political asylum in late 2018, they rebuilt Confess with new Norwegian members. Their third album, *Revenge at All Costs* (2022), marked a fierce comeback after seven years of turbulence. Hailed by Metal Hammer UK as “one of the holy pillars of metal in 2022,” it stood as a visceral testament to survival and defiance. Since leaving their motherland, Confess have been touring Europe alongside acclaimed metal bands, bringing their story and relentless energy to international stage.

In 2025, Confess released their fourth album, *Destination Addiction*, featuring collaboration with acclaimed metal drummer, George Kollias. The record sharpened their brutal sound while amplifying their uncompromising political message and addressing mental illness. On November 7th, 2025., Confess have released a remastered version of *In Pursuit of Dreams*—the very album that led to their arrest.

## **PHILOSOPHY & IMPACT**

Through it all, Confess has remained an independent artistic warrior—unaffiliated with political factions yet deeply tied to the struggles of the Iranian people and all who face censorship and authoritarianism worldwide. For them, music is both weapon and voice—an act of survival and activism. Back in 2017 Loudwire called them the most controversial metal band from Iran. The Iranian metal Guerrillas. Today, Confess is the biggest Iranian metal band that is known around the world.

- **ALBUMS:**

- Beginning of Dominion (2012)
- In Pursuit of Dreams (2015)
- Revenge at All Costs (2022)
- Destination Addiction (2025)

- **AWARDS:**

- Revenge at All Costs – Listed as top 50 metal albums of 2022 by Metal Hammer magazine
- Destination Addiction – Nominated for the best Hard & Heavy album by «German Record Critics´ Award - PdSK» (2/2025)
- Numerous nominations for the «Best Song of the Week» by Metal Hammer and Metal Injection (2021-2025)

- **FEATURES:**

- Full featured as the episode 6 of «Into the Void: Life, Death & Heavy Metal» docuseries, While Confess are praised by Randy Blythe of Lamb of God, they´re next to the biggest names in metal such as Randy Rhoads, Judas Priest & Pantera on this series, produced by Vice, available of Hulu, Disney+ (2025)
- The 2025 album, Destination Addiction features George Kollias, the drummer from Nile on all the songs.

- **FESTIVALS & TOURS;**

- Performed across Europe, including Viborg metalfest & Vagos metalfest.
- Touring with with internationally renowned acts such as Nile, Belphegor and Malevolent Creation and were the supporting act for Mayhem, Batushka, Hate and Suffocation.

## LINKS

[Confess Official Website](#)

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### SOCIAL MEDIA

[Instagram](#)

[Facebook](#)

[Twitter/X](#)

### LISTEN

[Spotify](#)

[Apple Music](#)

[Youtube](#)

[Bandcamp](#)

### INTO THE VOID DOCUSERIES

[Episodes](#)

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### MUSIC VIDEOS

[“Slaughterhouse”](#)

[“Built on a Grave”](#)

[“Megalodon”](#)

[“Hegemony”](#)

[“Ransom Note”](#)

[“Eat What You Kill”](#)

### SELECTED MEDIA COVERAGE

[The Guardian](#)

[BBC - World Service Interview](#)

[Sky News](#)

[CBC Interview](#)

[NRK - Norwegian National Broadcasting](#)

[Metal Hammer UK - Interview 2025](#)

[Metal Hammer UK - Interview 2022](#)

[Metal Hammer UK - The Best Metal](#)

[Albums of 2022](#)

[Loudwire Coverage](#)

[Decibel Magazine](#)