

Trauma

Aryia

Sometimes I'm finding myself hating who I've become
Sometimes can't find myself at all
I'm up all night I think I'm holding onto trauma
Sometimes I want to end it all

Trauma

The panic is quiet
It crawls under my skin
Infects like a virus and
It leaves you barely breathing
Like a stolen innocence
Tears of a broken child
Can you feel the dissonance in their
Their Mona Lisa

Smiling through those broken teeth
Withered bones and feet
Trying to run but you can't breathe
Fell down to your knees
Listening to those vacant screams
As you beg them please
Free me from
This trauma

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Smiling through those broken teeth
Withered bones and feet
Trying to run but you can't breathe
Fell down to your knees
I get trapped inside my dreams
Til my body starts to seize
And I stop breathing
Then I wake up and I scream
Then I wake up and I scream
(Wake up)

Wake up

Wake up

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Sometimes I want to end it all
Trauma