

Don't lift me up  
With your strong intent on dropping me back down.  
Are you like this, afraid to be yourself?  
And if you somehow get through all of this  
without hating yourself for all of it  
and you know that I will hate you enough for the both of us.

Spent that night alone, the first in a long time  
forgotten all the loneliness and darkness in my life.  
But you lost a friend, the day that you let go  
..to drown in the sea of regret and no one knows...  
that I'm alone and I can't blame anyone but you.  
Self-loathing once filled me but now I know the truth.

Spent that night alone the first in a long time,  
forgotten all the loneliness and darkness in my life.  
But you lost a friend the day that you let go to drown  
in a sea of regret and no one knows.

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