

Limit

Citizen Soldier

At the bottom of a bottle filled with pills
Table's turned
Lessons learned
A psych ward napkin changed the life I tried to kill
With three words: let it burn
But I'd never change a damn thing
Was born in 2016
The day that I stood face-to-face with death
When my world started caving
It broke me and it made me
A poet for what people leave unsaid

Where do you run when you're at your limit?
Tell me who can you trust to be the one to witness
You come undone
'Cause I don't feel like someone I can love
So close to choosing death over the feeling of not being enough
I wish I could heal and say it's done
But I don't know how I'm gonna fight when I'm at my
Limit
Limit
Yeah, I think I've reached my
Limit
Limit
But I learned how to live with it

I wasn't well but I had peace
I had hope
Normal things
Thought if I got the help I need
It could fix everything
I trusted medicine to save me
Feels like it killed me
With tremors on the bed I can't forget
Now I live with PTSD and pray that there's an ending
'Cause I don't wanna die inside my head

So tell me where do you run when you're at your limit?
(Where do you run, where do you run)
And tell me who can you trust to be the one to witness
You come undone
'Cause I don't feel like someone I can love
Don't think it's worth it talking about the thoughts I tried to end with a gun, yeah
I just wanna heal and say it's done
(Don't wanna run)
But I don't know how I'm gonna fight when I'm at my
Limit
Limit
Yeah, I think I've reached my
Limit
Limit
But I learned how to live with it

(So if you're) sick in ways that no one understands
Hope you know
You're not alone

If we walk through hell we might as well hold hands
We should make this a home

Where do you run when you're at your limit?
(Where do you run? Where do you run?)
Tell me who can you trust to be the one to witness
(When you)
You come undone
'Cause I don't feel like someone I can love
So close to choosing death over the feeling of not being enough
I wish I could heal and say it's done
(Don't wanna run)
But I don't know how I'm gonna fight when I'm at my
Limit
Limit
Yeah I think I've reached my
Limit
Limit
But together we can live with it