

## Voices

## Defences

They keep telling me don't ignore it  
Tried to bury it, don't wanna live for this  
I can feel it rising, creeping  
Screaming my name

My thoughts get darker every year I get older  
The voices in my head remind me I'm not in control  
And now it's reaching the point  
Where this is all that I know

They keep telling me don't ignore it  
Tried to bury it, don't wanna live for this  
I can feel it rising, creeping  
Screaming my name

Nothing you can say  
Nobody's listening  
Put up a front, but is it ever good enough?  
On your own again, it comes so naturally  
Gotta find your ground while you're still breathing

And I know I'm not the only one  
Who's battling with demons  
When I don't wanna feel anything  
But I feel everything (Everything)

When these thoughts take over  
Where do I go?  
I can't escape from my own head  
When I'm questioning  
All that I know  
Can you pull me out of this?

They keep telling me don't ignore it  
Tried to bury it, don't wanna live for this  
I can feel it rising, creeping  
Screaming my name, and I can hear them say

Nothing you can say  
Nobody's listening  
Put up a front, but is it ever good enough?  
On your own again, it comes so naturally  
Gotta find your ground while you're still breathing  
Nothing you can say  
Nobody's listening  
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On your own again, it comes so naturally  
Gotta find your ground while you're still breathing

I know I'm not the only one  
I know I'm not the only one  
Battling with demons  
Lost in my head, I let them in again  
I know I'm not the only one

Nothing you can say  
You're on your own again

Nobody's listening  
Gotta find your ground while you're still breathing  
Nothing you can say  
Nobody's listening  
Put up a front, but is it ever good enough?  
On your own again, it comes so naturally  
Gotta find your ground while you're still breathing