

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
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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