

Self Deprecation

Jess Benko

There is a plague growing inside of me
Eating the way of my motivation
Taking my days one by one
Self-depreciation

Oh I don't know how much time I have left
If these thoughts keep consuming my head

You're not good enough. Why are you trying?
And you constantly feel like dying
You're always falling never flying
So why are you still trying

It's a war I've fought before
Maybe this time I'll win
And a new light will shine on me
A new life will begin

But I don't know how much time I have left
If these thoughts keep consuming my head

You're not good enough. Why are you trying?
And you constantly feel like dying
You're always falling never flying
So why are you still trying

Here I am again
Will my mind ever come to amends