

## Protection

### Movements

I overthink too much  
And this weight becomes too heavy to handle  
But there's a solace in introspection  
Cause living in my mind is easier  
Protection

And I'm finding out that I don't have a lot to say to people these days.

Yet I have so many thoughts running through my mind.  
I am desperately longing to create something of substance  
So that my thoughts become the words I somehow can't find  
They are lost and I can't find them  
They are lost but I am trying to find what's lost

But I'm buried in the weight of everything you said  
I'll spend my days in solitude, I'll never leave this bed  
And when you left, I told myself that I would carry on  
But I'm struggling to find my way unsure of this path I walk  
But I carry on  
I carry on

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