Please, come help

It started with me, with sixteen When no one thought anything
It was all for fun (And also fun)
But the fun's become
Pains, a lot of heartbreak
Too much giving, no taste
Sleepless nights and fake bias
As if I'm being honest

It's not what I thought it would be
Giving my life and learning my vices
Spending my nights with
Something I know that kills me
It's not how I thought it would feel
Numbing my days and throwing away
Everything I could be
I know what I'm doing, I know should stop the pain

Blurry the pain, block out the shame and do it again I look in the mirror, wipe a few tears, I hate who I am 'Cause I can't give it up, no, I can't get it enough (Blurry the pain, block out the shame and do it again) I can't stop myself, someone, please, come help

Here I am at twenty-three
This isn't who I'm supposed to be
I've lost control (Lost control)
And no one knows
I'm so out of touch with reality
I thought that these things would help me
My world's been broke
I can't let go if I'm being honest

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For a moment, I see the hell I've caused
And all the people I've hurt before disregard
My better judgement, damnit, I can't help it
Only one more time, I swear this is the last time that I

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'Cause I can't give it up, no, I can't get it enough (Blurry the pain, block out the shame and do it again) I can't stop myself, someone, please, come help