

## Afflictions

### The Last Ten Seconds of Life

Is ignorance really to blame for what I have become?  
When I truly knew that this would happen all along  
This self destruction can be stopped, but only one way  
Coming to terms with this destruction in itself  
I have been places I never want to go again  
(I want love, I want life, and I want peace of mind)  
I can get it back  
Distraction was my best friend  
And now we never talk  
Not even a hello every now and then  
I can't believe this shit  
I lost it all when I thought I had my head on straight  
Everything figured out  
Was on top of the world  
Then reality got in the way  
I can get it back

This is  
A plea for safety  
This is  
My confession  
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A plea for safety  
This is  
My confession  
These are all the things that led me to break  
I lost focus on, what was important  
In my life