

## Stop Yourself

### Throw The Fight

Just one more drink she said  
Is all she needs to ease the pain  
Just one more day until she is sober she is clean  
But she won't listen to the people that are helping her

She is spinning out of control  
She is slipping out of my arms  
She is spinning out of control with no hope of return  
She's trying to hold on to (the things she understands)  
The feeling of worthlessness  
You think you will never be free the burden is always there  
But trust me when I tell you that you will be ok I swear

Nobody cares she says  
Nobody loves her in her head  
Her life is torn apart  
Missing the one she loves the most  
Because she listens to the voices that are haunting her

She's spinning out of control  
She is slipping out of my arms  
She is spinning out of control with no hope of return  
She's trying to hold on to (the things she understands)  
The feeling of worthlessness  
You think you will never be free the burden is always there  
But trust me when I tell you that you'll be ok I swear

She's burning out  
She's letting go  
With every last breath she lets me know  
Her faith is dead she slits her wrists  
And waits for death

You think you will never be free the burden is always there  
But trust me when I tell you that you'll be ok I swear

You've got to stop yourself  
Rebuild your broken world  
Ignore the voices that will bring you down

Stop yourself