

# One Falls, Two Rise

Annihilator

Alone in the darkness alone in the shame  
The feelings of guilt they haunt me  
Can't live with the pain  
Repeating the same old story over and over again  
I'm trying to find the answers will this ever end

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I try my best to do what's right but it's never good enough  
Every day is like a fight getting through it's so tough

A daily struggle to survive  
I win the battles not the war  
But I need to stay alive tell me what it's all for

One falls two rise I shall survive  
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It's fight or flight feels like there's nothing I can do  
I'm so cold and numb I'm so down and blue  
Feels like I'm at the breaking point pressure crushing me  
Is it luck is it fate why have you chosen me

One falls two rise I shall survive  
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Cold sweat pain in my heart  
Spinning around and around  
Picking me up falling apart  
Kicking me when I am down  
Cannot go on everything's wrong  
The end of the road  
Full of confusion so disillusioned  
I am about to explode

Cold sweat pain in my heart  
Spinning around and around  
Picking me up falling apart  
Kicking me when I am down  
Cannot go on everything's wrong  
The end of the road  
Full of confusion full resolution  
I am about to explode

We all fuck up make mistakes try not to carry the weight  
Try to learn from the past it's never too late  
Life is full, adversity on that you can depend  
If you try to do your best it all works out in the end

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