

# Ritual

Ash

Shame  
Walking out on you again  
Fighting with  
Demons that I can't contain  
Walking on  
But I want to turn and run  
Through the empty streets  
That through the mist and your new dawn light

Feel so lost  
Can't take back all the pain and the damage I've caused

I'm not talking  
I bury it within  
Until it turns into a hell in my head  
Hell in my head

Confess  
In a solid panic I suppress  
Vulnerable  
Emotions that I can't express  
So open up  
Why do I feel so insecure  
Irrational  
Of the only thing I'm sure of

So I know  
Trying to fit in this place but I just don't fit, no  
I'm not talking  
I bury it within  
Until it turns into a hell in my head  
A hell in my head  
I'm not talking

I'm not talking  
I bury it within  
Until it turns into a hell in my head  
A hell in my head  
I'm not breathing  
I got to hold it in  
Until I breath to leave this hell in my head  
This hell in my head

So take these tears  
That stain my face  
Take this fear  
And in its place  
Forgive my past  
Forget your doubts  
Take these words  
And let them out