Tell me how to feel
Show me what is real
I tried to back away but everwhere's the same
And in this over-conscious world all I want to do is dream

I don't know what you held on to To get this far but I need some too

Because I'm slipping from existence And there's just no resistence To stop this all from happening

Today the pain
It got so bad I had to scream

I'm cutting myself
Because I cannot face
The world around me
Is nothing
I'm cutting up myself
Because there's no way out
Dispersing what I feel
So I feel nothing

I don't know what to do
To be as numb as you
I must be doing something wrong to always feel this down
With an overwhelming urge to shout at those around

I tried to reach out to the past But the lesson learned is to not look back The memories will just confuse An overwhelmed and frightened youth

I've learned to accept it
I know that that's pathetic
I can't explain to others
I know that they'll reject it

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