

# Defenseless

Enchant

Can't fight this urge  
I'm overwhelmed with anxiety  
It's taking over me  
Can't calm my nerves  
I just can't seem to stop this calamity  
Will it be the death of me?

I'm finding out  
There is no doubt I need some help  
How can I learn to protect me from myself?

This craving is too strong  
Restraint is on the shelf  
I just can't be alone with myself too long  
Can't stop my trembling hands  
I've got the shakes again  
Convinced myself the needle's  
My best friend

Never been so high  
I'm sure if I wanted I could touch the sky  
I'm already halfway there  
But I'm falling down  
Seems my time to fly is running out  
Does anybody really care?

I've figured it out  
There is no doubt I need some help  
Can you try to save me from myself?

This craving is too strong  
I've lost all self control  
I just can't be alone  
With myself anymore  
I've nothing left to lose  
And nothing stops the pain  
But the poison  
That I pump through my veins

And my tears they leave a stain  
And my heart won't beat the strain  
Cause the beast I just can't tame

I've figured it out  
There is no doubt I need some help  
Can I ever really trust myself?

My craving is so strong  
My self-esteem is gone  
I must stop  
Or I won't be around very long  
I won't be around:  
Very long:  
I won't be around: