

# Living Nightmare

Havok

Feel the noose tightening around my neck  
Cannot breathe, choking on every breath

Distressed  
Unrest

No end in sight  
Bury me alive  
Agonizing thoughts penetrate my mind  
Nobody sees, nobody hears, nobody cares, nobody's there  
Couldn't be any more aware that I'm living in a nightmare

This is when things go from bad to worse  
But it isn't a dream, real life is more perverse

Every sound that I make just echoes back  
Am I really awake?