

When you've lost yourself and you're feeling let down
When you're lost yourself and your world isn't around
It's all that you can do to breathe out
When they crush your hopes and they turn your voice down
When the crushing blows are all at the same time
There is nothing you can do but erupt

When you're down and you're crying out for help
You've got to lose yourself inside your illusion
I'm on fire, I've been fighting mental health
You've got to lose yourself inside your illusion

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When the bridge you've crossed has come rushing down
And the water's up you can't feel as you drown
There is nothing you can do but breathe out
When they call you up just to call you out
And the passage of time seems for you to slow down
There is nothing you can do but erupt

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There's a truth you can't hide though it breaks you apart inside
But that's not say that holding on to your dreams is a waste
When you're staring into the abyss and your thoughts are filled with violence
When you've lost your reason to exist just run away

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