

## Return To Self-Loathing

Mest

Sick of the way I am feeling.  
Waking up watching myself slipping.  
Should I just take out my eyes?  
No longer want them for this life.  
Acting strong only on the outside.  
Hiding shame and pain on the inside.  
I've tried to block my mind of this and pretend it doesn't exist.  
Loosing my mind once again.  
Stranding my thoughts (no matter what I said).  
Sleepless nights staring at the ceiling.

Sanity running on empty.  
Try to block my mind of this and pretend it doesn't exist.  
Loosing my mind once again.  
Stranding my thoughts (no matter what I said).  
Taken for granted again.  
Stranding my thoughts no matter what I said.  
Loosing my mind again.  
Stranded my thoughts no matter what I said.  
Loosing my mind once again.  
Stranding my thoughts no matter what I said.