It builds up inside intensifies ready to explode contained within never not i anxiety i shiver failing to hold it back reality drifting away from conscience on my back it's payback time i'm punished for my life hurt by the stone cast by all i've ever met why must this happen all at once? suffocate my mind why must this happen all at once? i feel, i feel i wanna die, go away i can't handle it surrendering inside peel away my skin ready to say goodbye pushing me pounding at me all at once feels as if...if i had a gun i was told once before i know i'd reach the end of forever i know i got what's coming to me deserve the hell i'm in why must this happen all at once i feel...i feel i wanna die