

# The Ascent

## Secrets

I hate this monster inside me  
My body's breaking down  
I'm alone and I can't breathe  
You wouldn't understand, no chance  
Cause I feel so fucking dead

Take the last drink, the bottle's gone  
Washed down my throat, I'm full, but empty  
Guess I'm not the man that I wanna be  
The bar's my only friend, and it's killing me  
I'm not losing this fight, oh wait, I guess I just lost it last night  
Guess I'm not the man that I wanna be  
The bar's my only friend and it's killing me

Frail boy with a shallow mind  
I'm not quite sure that I'm the type of guy  
You should be hanging around  
I tend to let people down

This is the last time getting high  
Promises sound just like last night

I don't know anything anymore  
Help me regain control

I've been dependent for so long  
I need to leave  
I've been dependent for so long  
I need to live (again)

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I'm drinking whisky like water  
Cause water does nothing for me  
I'm full of pain I need it more  
I'm as empty as the whisky bottle on my floor

This is the end  
I don't need this anymore  
Taking control  
Is finding strength to let it go

I'm drinking whisky like water  
Cause water does nothing for me