

Overbearing panic attack entrenching my veins  
In an hour i'll be ok  
I pray this pain will go away permanently someday  
I've seen more than...  
I should have to...  
I've seen this on my own

this song is a,  
poem to myself,  
it helps me to live...  
in case of fire,  
BREAK the glass,  
and move on into your own...  
your own...

reoccurring drowning effect entrenching my brain,  
i hope you'll be ok someday,  
so i can say that you moved on in the right way...  
WE'VE seen this and  
WE'VE breathed this and  
WE'VE lived this on our own...

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poem to myself,  
it helps me to live...  
in case of fire,  
BREAK the glass,  
and move on into your own...  
your own...

BREAK...

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and move on into your own...