This ritual is a crushing of the spirit sleepless and suffering I have broken it's been dark the light of day is months away and I am years from what I used to be I've tried so hard to find a piece of myself for the love of pain I push on through it all wake up. do it again DAY IN AND DAY OUT connecting fully to the stings of sorrow so let the judgement pass because there's no tomorrow DAY IN AND DAY OUT I did it for love but only hurt you instead just blame and betray with nothing left to give Days In. Days Out I did it for love no more.