

Helpless Still Lost

Therapy?

All that love I gave, where did it get me?
Useless hubris, faced with my own fate
Jaundiced love resigned to my grim duty
Destroyed by alcohol, fear and rage

Cause I'm helpless
Still lost
Helpless
Still lost

Filtered through a wretched mental framework
Clumsy hands claw empty in the dark
Beneath the constant weight of expectation
Well aware that toil has left its mark

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