

## 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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Still lost  
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