

My anxiety's clawing  
Out from deep within me  
It burns within as my throat begins to cauterize

This negativity's leeching  
Any shred of composure  
Rationale has decayed and left me bound in madness

I reach for calm  
I starve for a balance unknown  
This burden tortures me deep in my soul

I've found that strife won't make the bleeding stop  
Nor will it take away the pain  
I feel like this search is all in vain  
And I struggle to find my way

How I yearn for the silence  
For an end to the voices  
The calamity grows and the deafness leads to disarray

Guilt buries me alive  
In a coffin - criticized  
I shouldered the blame and dug this hole for me to lay in

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