## **One Falls, Two Rise**

Annihilator

Alone in the darkness alone in the shame The feelings of guilt they haunt me Can't live with the pain Repeating the same old story over and over again I'm trying to find the answers will this ever end

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I try my best to do what's right but it's never good enough Every day is like a fight getting through it's so tough

A daily struggle to survive I win the battles not the war But I need to stay alive tell me what it's all for

One falls two rise I shall survive One falls two rise I shall survive

It's fight or flight feels like there's nothing I can do I'm so cold and numb I'm so down and blue Feels like I'm at the breaking point pressure crushing me Is it luck is it fate why have you chosen me

One falls two rise I shall survive One falls two rise I shall survive

Cold sweat pain in my heart Spinning around and around Picking me up falling apart Kicking me when I am down Cannot go on everything's wrong The end of the road Full of confusion so disillusioned I am about to explode

Cold sweat pain in my heart Spinning around and around Picking me up falling apart Kicking me when I am down Cannot go on everything's wrong The end of the road Full of confusion full resolution I am about to explode

We all fuck up make mistakes try not to carry the weight Try to learn from the past it's never too late Life is full, adversity on that you can depend If you try to do your best it all works out in the end

One falls two rise I shall survive One falls two rise I shall survive