

Stop Yourself

Throw The Fight

Just one more drink she said
Is all she needs to ease the pain
Just one more day until she is sober she is clean
But she won't listen to the people that are helping her

She is spinning out of control
She is slipping out of my arms
She is spinning out of control with no hope of return
She's trying to hold on to (the things she understands)
The feeling of worthlessness
You think you will never be free the burden is always there
But trust me when I tell you that you will be ok I swear

Nobody cares she says
Nobody loves her in her head
Her life is torn apart
Missing the one she loves the most
Because she listens to the voices that are haunting her

She's spinning out of control
She is slipping out of my arms
She is spinning out of control with no hope of return
She's trying to hold on to (the things she understands)
The feeling of worthlessness
You think you will never be free the burden is always there
But trust me when I tell you that you'll be ok I swear

She's burning out
She's letting go
With every last breath she lets me know
Her faith is dead she slits her wrists
And waits for death

You think you will never be free the burden is always there
But trust me when I tell you that you'll be ok I swear

You've got to stop yourself
Rebuild your broken world
Ignore the voices that will bring you down

Stop yourself