

# Abstinensens Dystra Tongång

Vanhelga

Our hands are soaked and freezing  
Everything feels hopeless  
As we are tormented by  
Anguish and fear  
This fate is far worse than death

Please end our suffering  
Make it go away  
Hopelessly raped

Over and over again  
This horrible nightmare  
Never ends

Please give us the cure  
Make everything  
Normal again