

## Into Darkness

### "Severe Emotional Distress"

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Cutting yourself to relieve the pain,  
Try to believe that you're sane,  
Self mutilation for self redemption,  
Now you're on your own.  
Cutting yourself your despondency,  
Mental distress overwhelming now,  
Cold blunt steel now is critical,  
Now you're on your own.

Severe emotional distress

Seperate the anguish,  
Seperate this fear,  
Seperate from sadness,  
Now I see things much too clear.

Cutting yourself a dependency,  
Anxiety mixed with agony,  
Bleed out the grief with a knife,  
Now you're on your own.  
Cutting yourself end this wretchedness,  
Tribulation will not finish this,  
Lacerations cannot help you,  
Now you're on your own.

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