

J. Dash "Take It Hard"

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You take it hard
Your darkest days are all behind you
You take it hard
Don't go so far away
And I can't find you

I feel like my heart is gone
And every night I wish you that could feel this pain all
over
Every moment after this
I'm new to all sensations of pleasure and
recreation
Doing anything for some sedation starting pacing
And stress is starting to show up in my body
Losing weight,
Losing sleep,
Losing sanity,
Somebody tell me how to deal with this,
I've tried it all,
I've cried it all,
Until I couldn't cry at all,
Babe you have no idea,
Cause everybody has expectations of how long they
think your pain is suppose to last
Fool, they're saying you should get back off the
pine,
Force to smile like everything is fine,
Life is getting easier with time,
I'm lying to myself and I'm stubborn to admit it,
Cause everyday it gets a little harder to forget it,
And every second hurts,
It's only getting worse,
Your momma's say I need to go to church,
But it's too hard.

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I swear I never meant to hurt nobody when I started this

I wish I could go back in time and not play any part of
this,
Cause now my family broken hearted
It's too hard to swallow this
Pill that I feel made of steel
What's harder is I'm wrong
And I feel the guilt lying in this bed of nails that I know I
built
Trying to escape but I'm trapped inside this cage
And this cage is on the stage
So I can see my pain
But I'm still way too ashamed
I'll take a plane,
I'm running away,
I'm packing my bags,
I'm leaving today,
You can try to stop me but I've made up my mind
It seems its constantly changing,
I'm constantly changing,
And ain't nobody facing what I'm facing
So I'm racing but I don't know what I chasing
But I'm running strong
But before I'm gone
I stop inside the moment just to find someone that told
me
Because when it's gone,
It's gone,
It's gone
And it's too hard.

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Ain't no way to change it face it,
Look it in the face and tell it I ain't about to let you
affect me
Wreck me
You promised you said you would protect me
So even when it seems like you can't fight
I know that it's always gonna be alright
Cause life is many mountains
And valleys are all around so go ahead and win it, win
it.

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