

## **Choke**

# **"I've Told Myself A Thousand Times"**

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another minute into this position  
not so strong spiral down  
doesn't seem to be a reason  
not to fold let go,  
release the hold on vanity  
you're not just killing time  
staring at the faces betraying your own basis  
can't sleep when discouragement's withdrawn  
from all conscious remedies  
stop pushing accept what you've been given  
seems like you're trying for nothing  
should know it won't work out always chasing  
a distraction all your efforts  
no reaction afraid to shed disguise  
to reveal your fragile lies  
you're caught in the promise that everything's alright  
but not convinced that standards will be recognized  
sifting through the doubting hoping  
to validate lost time

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