

## **Suicidal Tendencies**

# **"Depression And Anguish"**

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Travels through my veins, poisoning my soul  
Makes me hate myself, makes my anger blow  
Suffocates the hope, eats away my will  
Traps in all the hate, depression

And I don't wanna feel this way, but I can't stop it at all  
And I don't wanna hurt no more, but I can't stop it at all  
And I don't wanna lie here numb, but I can't stop it at all  
And I don't wanna have to give in, but I can't stop it at all

Depression, it's got me, I fought it, it whipped me  
Depression and anguish, the poison's inside me

Why can't I just make it end? I'm tired of feeling this way  
Why can't it just let me be? I'm tired of feeling this way  
Why can't I just have a break? I'm tired of feeling this way  
Why can't it just go away? I'm tired of feeling this

Depression and anguish, the battle can't take this  
Depression is poison the damage is all done

And I don't deserve this, oh no  
And I don't wanna feel this no  
And I don't deserve this, oh no  
And I don't wanna feel this no

Digs into my heart, roots sprout through my brain  
Plants it's ugly thoughts, growing wild again  
Shuts all systems off, locks me in a haze  
Traps in all the hate, depression

And I don't have the strength to scream but here it comes again  
And I don't have the sense to cry but here it comes again  
And I don't have the will to fight but here it comes again  
And I don't have the choice to quit and here it comes

Depression and anguish, the battle can't take this  
Depression is poison, the damage is all done  
Depression it's got me, I fight it but why me?  
Depression and anguish, the poison's inside me

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