

## **BowTie**

# **"Sleep Well"**

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My first fear is falling  
Insecurities down my conscience  
Just need a release  
From this dream of recurrence

Acknowledge your fear  
In a strange fantasy  
It seems so real to me  
But I can't make sense of it's direction

I'm powerless in fighting frustration  
Collecting teeth from my gleaming smile  
I know it's hard to hear me but you're not listening  
Anxiety, I'm losing control

Just need a release  
From this dream of recurrence

Challenge conflicting selves  
In slow motion  
It's a lack of control  
Forced to let go

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