

## **The Fire Tonight "Sunderland"**

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sometimes i can feel it waiting in between my thoughts  
a vaguely threatening yet coming liquidation of the  
framework i have wrought  
these 23 or is it 4 years i have slowly built my  
defenses to the unbroken barrage of 26 years of  
confusion

the mental violence self inflicted is not typically  
born of masochism but rather from inability  
to control this, control this separation of reality from  
monsters hiding in my mind and feasting on my family  
anxiety and paranoia are skills on my resume  
they visit me to help me make decisions almost every  
day  
yet continuity has kept her distance from the fabrics  
edge  
the evidence my cashmere sanity is unraveling thread  
by thread

but i am fine

they're putting something in my pills to try to break into  
my brain  
i know that it sounds crazy please believe me, i am not  
insane  
don't talk so loud their evil minions hide in the shadows  
everywhere  
just because you cannot see them doesn't mean they  
are not there

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