

## **The Hurt Process "Anchor"**

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Forget everything that was said before  
Now is the time to begin and piece it all together again  
But doors close with every second  
Forget everything that was said  
It's only been a week since you faltered last  
I'm praying it won't happen again  
How many times do you need to see how you can tear  
me apart  
Forget everything that was said  
Now is the time to piece it all back together  
I hold my head in my hands and dream of times when  
I can sleep without fear  
Breathe freely and emphasize the truth that lays within  
us

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