how do you stop the motion, the motion of drowning,

the fear you experience when the water fills your lungs,

making you pass out and wishing you were dead

the world is spinning my heart is singing as i pick up the glass

I'm ready to do it, to take the pills that will send me to my grave.

i get my Valium, the razor to hand

i break it open to reveal the blade inside

i'm crying, i'm bleeding and i am screaming out loud

no one can hear me as i drown

the blood is seeping, i am weeping on my hands and knees

i give into you demon and to your wicked ways

as i lay barley breathing my chest crushing in

my soul is sold to the devil himself

but for some strange reason

i thank him

if he hadn't done this

then no one else would

and my life would be filled with pain

but then again i hate him

for the addiction he has given me

of sliding the razor across my skin

and watching blood pour out

i need help

i need it now

or soon i'm going to drown

i'll never do anything stupid

not until i am dead

but before i take my last breath

a promise i must make to you

to hold your hand

and feel your skin

right next to mine

my promise is the love i give to you, your sons and daughters

and maybe in another life

it may not be so tragic