

Face Down, Pain

And still there comes another sunrise again
Clouded by the shades of yesterday
Still I feel naivet's hope for change
Memories endured memory remains
Peel the skin off this walking corpse
Fingernails scrape the skin from off my back
When the pain you feel is deliberate masochistic and integral
And all you know is you lived it fought it but you gave up hope
Never let your pain get in the way
You told me I'd feel no pain
You can always count on it
Not thinking about it
Will never take away
Take away my pain
Feel the things that make your heart turn gray
I wear mine proudly on my sleeve
When all you taste is your own blood filling up your mouth and throat
Thought it didn't taste good you refused to let it make you choke
I've become so much stronger since I've embraced my pain
You can always count on it
Can you live with it
Once you learn to live with it
Nothing can ever take it away
You can count on
You can depend on
You can take from
I'm so proud of my pain