Face Down, Pain

You can take from I'm so proud of my 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 filing 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