Labrat, Rest Among The Silt

When it's dark and I'm alone I cry for peace but they won't go.

And this is killing me but I can never let you know
It's more than I can take, I sink - I drown - I cannot float

And they keep pushing me the rope constricts my f**king throat again...

You don't know what it's like if you did you'd never want me

To be there - And if I made you understand, you'd have
it an you'd BE IN THIS MESS!!!

Dragged down to rest among the silt, I cannot breathe it's ???

(The rest of the lyrics are too hard for me to interpret)