

# Spine Shank, Asthmatic

It starts to tear me down  
Destroyed by what I create  
It left the nerve exposed  
Feels like a lost cause  
It's what reduced me to this  
Turned me against myself  
It's still a lost cause

I can't keep doing this to myself  
But it's the only way to forget who I am

Your disability kept pushing me away  
It went beneath what's so real to me  
And threw it all away  
I underestimated  
The lengths that you would have gone  
To deny who you are  
You threw it all away

I will keep doing this to myself  
'cause it's the only way to forget who I am

I never wanted your help  
I never needed your help  
This failure has to be all mine now  
I'll turn my back on myself  
If it's my only way out  
It can only help me if it hurts