

# The Ascent

## Kinetic Element

I hate this monster inside me  
My bodys breaking down  
Im alone and I cant breathe  
You wouldnt understand, no chance  
Cause I feel so fucking deadTake the last drink, the bottles gone  
Washed down my throat, Im full, but empty  
Guess Im not the man that I wanna be  
The bars my only friend, and its killing me  
Im not losing this fight, oh wait, I guess I just lost it last night  
Guess Im not the man that I wanna be  
The bars my only friend and its killing meFrail boy with a shallow mind  
Im not quite sure that Im the type of guy  
You should be hanging around  
I tend to let people downThis is the last time getting high  
Promises sound just like last nightI dont know anything anymore  
Help me regain controlIve been dependent for so long  
I need to leave  
Ive been dependent for so long  
I need to live (again)Take the last drink, the bottles gone  
Washed down my throat, Im full, but empty  
Guess Im not the man that I wanna be  
The bars my only friend, and its killing me  
Im not losing this fight, oh wait, I guess I just lost it last night  
Guess Im not the man that I wanna be  
The bars my only friend and its killing meIm drinking whisky like water  
Cause water does nothing for me  
Im full of pain I need it more  
Im as empty as the whisky bottle on my floorThis is the end  
I dont need this anymore  
Taking control  
Is finding strength to let it goIm drinking whisky like water  
Cause water does nothing for me

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