

# Spiral

## Manifold

I could be daydreaming but for a moment  
And somehow they're creeping back in  
I could be sleeping awakened the torrent  
Somehow I get caught in their grips again  
And here I am in my shame spiral  
I'm sucked in to it again

And I reach out for your (something something) opinion  
You bring the light back in  
Don't leave me here with all these critical voices  
Cause they do their best to bring me down  
When I'm alone with all these negative voices  
I will need your help to turn them down

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