

Keeping Me Down (feat. Complete & Bitter Belief)

Kogz

What am I, Iâ€™m the reason you up and cry,
When you wanna try sleep,
But Iâ€™m keeping you occupied,
Deep in your nogginâ€™, I proceed with some rotten lies
even got you believing you aint leading a proper life,
you need to just drop and die,
you wouldnâ€™t be missed,
you just winge and be sooky,
everybody thinks youâ€™re a pussy you bitch,
I heard he cut himself,
he couldnâ€™t resist,
he should have just slit his own throat, it would have been good if he did
You put in a bit of effort to try and improve
but your head and your mind forever are mine to abuse
Sessions and psychâ€™s and medicine lighten your mood,
but you know at any given second I might just intrude

whatever the time,
I mess with your life when I chose
you have no friends so instead you rely on the booze
now youâ€™re writing a few suicide letters
but you just rip them up cause you forget who youâ€™re writing them to
too tight to move
you sweat as you hide in your room,
under your doona youâ€™re still in bed if its night or its noon,
you shut the blinds and you accept that youâ€™ve decided to lose
protected from life, you ainâ€™t lettinâ€™ its vitamins through
this is it,
thereâ€™s no separate life you can use
you recognise the biggest threat to life has been you
my names depression, I donâ€™t care; ill supply you the noose
Iâ€™m just a bruise left on your neck when its tied to the roof

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(CHORUS)

I wake up from a coma by a door knock,
itâ€™s her son tryna get in but the doors locked,
heâ€™s just worrying knowing his mum is complicated,
every single conversation with her hits a sore spot,
clouded with emotion,
surrounded by her fear,
looking for a rope drowning in her tears,
as down as she appears,
she realistically is self-loathing,
hoping she can fill up the fridge for her kids, but she canâ€™t,
she sits in the dark ,
her wrists and her arms have slits and marks
and she canâ€™t escape the miserly,
dwelling and hating, pity,
sheâ€™s never facing the facts,
sheâ€™s done with the vulnerability,
instability strikes,
whatâ€™s the price of validity, feeling like she never did any right,
this is why,
sheâ€™s gone broke
she hopes for the life she wants most,
but now its beans on toast for both these kids,
or dry weet-bix, it needs fixing,
children cant eat like this

she just misses the man, she saw leave,
pops another pill in her hand,
she needs more sleep,
and falls weak to the substance,
rubs the lamp,
makes wishes for her mum and dad,
maybe they could understand
what she has,
what she hasnâ€™t
what shes battled
when shes looking down the barrel,
and praying the gun will jam on her,
she feels like this,

like every single day, this is real life shit,
tight fists as she cleanches,
remembering the past,
death to her memories
rescue remedy agh,

(CHORUS)

You want to know what it's like with depression?
Take a little ride in my mind for a second,
I fight with myself, the cycle is endless,
I write because it helps, but the silence it deafens,
I definitely hide when it's time for attention,
tension is high as I slice through my tendons,
I'm barely alive don't like my reflection,
I'm stressed all the time yet I hide and suppress it,
I felt as the walls closed knelt as the halls rose,
Watched as my whole world stopped and it all froze,
Frost bit and scared yeah I watched as the doors closed,
Not yet aware that I lost where I called home,
I felt lonely I wept on my lonesome,
The only one left in the depths of my ocean,
I hope for a prayer yet nobody hears me,
Like nobody's there yet I spoke to them clearly,
I'm nothing...Barely can I cope at all,
Hopeless my emotions only show through my broken doors,
Maybe I should sober up?
basically a vacant shell,
Maybe I could show some love?
If only though I hate myself,
Every days hell I feel like I've gone nuts,
House full of people yet feel like my doors shut,
Drowning in more drugs,
swallowing the hollowing sound that's is me trying to scream with my cords cut,
It's so easy to lose myself,
I just sink piss think this Booz might help
till I'm thinking... Who's this dude I've become?
Too dumb to admit that his blues have one, I'm lost

Lyrics Submitted by candice

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