For a Word

Breaking Pangaea

For a word or a phrase.
I could think about for day show I hurt you over this.
For a time, I was strong, not so long ago.
I don't want to go anymore
but I'm trying to leave so a word or phrase gets me out of this forever.
I could hurt you so I never say good bye.
In my mind, once a day, to escape,
ask the question "are you trying to leave?"

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