SPIRAL

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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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