Broken Foundation

Earth Crisis

Pain, bashed to the floor
Ugly, inferior, helpless and worthless
A low self-image has been made
It's continuously reinforced
Barbed words that never leave the mind echoAnd cripple from the inside
Wounds of self doubt bleed fear and tension
Built to fall from a broken foundation
Begging for forgiveness
When no real wrong has been committedJust to try to calm the rage
Before it degenerates into violence
There's no refuge in what should be
The refuge when the wrong words ignite anger
There's no refuge in what should be
The refuge when the wrong words ignite angerNinto frustration that can't be controlled
Stumbled, fractured through years of confusion
Now the direction's set, your potential is finally realized
Rising as the embedded harm is slowly overcomeBashed to the floor
Ugly, inferior, helpless and worthless
A low self image has been made
It's continuously reinforcedBarbed words that never leave the mind
Echo and cripple from the inside
Arise and build anew, express release, seize control
Express release, reinvent, arise and build anew

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