

# 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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