## Help Me Disappear

## Katatonia

To completely dissolve, what method is used

I cannot sleep, my hands are bruised

There's a hole in the wall, torn up anew

One dead eye, color of youVanish for life and promise to stay away

From the knowing bird in the cage

I'd give so much for the courage to go

If I ask for your help then you will knowSo help me disappear or to believe in a change

No way out of here that I can see

Or the nightmares that burn into my head at night

Make them disappear so I can breatheHelp me disappear, to believe in a change

No way out of here that I can see

Or the nightmares that burn into my head at night

Make them disappear so I can breatheLooked out the window twice, just to be sure

That no one was standing outside the door

But it's just as calm as it was before

They're all gone now, not there anymore Isolated myself for the sake of freedom

I clenched my fist for the sake of kindness

I read a book full of strange words

Loneliness is a disease, there's no way out of hereSo help me disappear or to believe in a change

No way out of here that I can see

Or the nightmares that burn into my head at night

Make them disappear so I can breatheSo help me disappear or to believe in a change

No way out of here that I can see

Or the nightmares that burn into my head at night

Make them disappear so I can breatheHelp me disappear, to believe in a change

No way out of here that I can see

Or the nightmares that burn into my head at night

Make them disappear so I can breathe

Lyrics provided by https://damnlyrics.com/