Afromental, Easier to run

It's easier to run
Replacing this pain with something numb
It's so much easier to go
Than face all this pain here all alone

Something has been taken from deep inside of me
The secret I've kept locked away no one can ever see
Wounds so deep they never show they never go away
Like moving pictures in my head for years and years they've played

(If I could change I would take back the pain I would)
(Retrace every wrong move that I made I would)
(If I could stand up and take the blame I would)
(If I could take all the shame to the grave I would)
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(Retrace every wrong move that I made I would)
(If I could stand up and take the blame I would)
(I would take all my shame to the grave)

[Chorus]
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Sometimes I remember the darkness of my past
Bringing back these memories I wish I didn't have
Sometimes I think of letting go and never looking back
And never moving forward so there'd never be a past

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Just washing it aside
All of the helplessness inside
Pretending I don't feel misplaced
It's so much simpler than change

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