

Silent Moments of Fear

Silent moments of real fear
Anticipating your next move
Your mind struggling clarity
With no sense of self control

Trapped and isolated within
With no self esteem anymore
Your life feels dark and empty
And nothing makes you smile

Abuse of body, mind and spirit
At the mercy of someone cruel
Controlling your whole existence
With no real hopes and dreams

But in these darkest moments
Use your pain to make you fight
To escape your life in hell's hole
And strive for a way out now

And

Don't Look Back