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“I CAN’T LET GO”

I try to move up and grow more maturely
But anchors and chains are holding me tight
Trying to keep me still.

I try to move forward
But the chains won’t let me move forward
Keep me in the same place.

I try to fight or break away
The chains just get tight
The more I fight.

I try to ask for help
But I see the people I asked
Getting pulled in my destruction
So I tell them get away.

I try to fight my way out,
Because if I don’t,
I’ll be covered deep with chains and anchors,
Where I can’t get out,

But I feel the more I fight,
I just get wrap up more
In my old ways

The feeling is over baring
Days and nights I feel like yelling,
Letting out
All my frustration and fears,

I wonder why I feel like this
I can’t move or grow

As I sit in my darkest thoughts
I realize

Nothing is keeping me chained up or anchored down
But myself.