

FEELS LIKE THERE'S NO HELP

Even though I feel like there's just no help, to take some of this burden from me, somehow I can love and accept myself
Even though it feels like there's no one to help me with this burden, this stress, somehow I can love and forgive myself
Even though there's no help, even if I could ask for it, somehow I can forgive myself

I have this burden to carry, all this stress
And I don't have any help
I have all of this, and it's on my shoulders alone
There's no one around to help me
The person I need help from isn't around
No one would know how to help me the way that I need it
I don't even know who I'd ask for help
I don't even think they'd know how to help me
And I wouldn't know how to ask for the help that I need

I want to be over all these feelings that there isn't any help

I'm stressed because of all that I have to carry
But who could possibly help me
Is it even possible for someone to help me with this
It's my burden
And I don't see any help for it
Who would I ask to help me
Who do I expect to help me
The one person whose help I need isn't here for me
Why is the help not there for me

I want to be completely, 100% over all these feelings that there isn't any help for me

I'd probably be less stressed
If there was someone to help me
But who would help me
What are they really capable of helping me with
Sometimes when they think they're "helping", it's not really help at all
What if it's not the help I want, or think I need
How could I possibly ask for the help I need
Maybe the asking for help is more stressful than this burden—I'm used to the burden
Seeking help can be more stressful than this stress I'm carrying

Somehow I will be completely, 100% over all these feelings that there isn't any help

What does it mean for someone to help someone else?
Why would they help me?
Why wouldn't they help me?
What would it mean for me to accept help from somebody else?
What would it mean for me to admit that I would like some help— even to admit it to myself?
What would it mean for me to seek help?
What would it mean for me to actually get the kind of help that I need?
What would it mean for me to get that kind of help, without having to ask?
Somehow I can forgive myself all these feelings about whether or not there 's help for me