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Circle of hurt

They say it is healthier to have loved and lost than to not have loved at all.

I agree on this point, but here is the funny thing.

I just keep loosing what i love and i know deep in my heart that just can't be healthy...

Feel this darkness wrap around me like a blanket of despair, what to do when you're stuck in this circle of

hurt... Endure or break out?

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