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Do the Write Thing, Boston

Breaking the Cycle of Violence

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1-1-2014

### Do The Write Thing Essay, 2014

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#### Recommended Citation

"Do The Write Thing Essay, 2014" (2014). *Do the Write Thing, Boston*. 174.  
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## Stop

*A remix of Stay by Mayday Parade*

I need some time just deliver the things that I need for now  
Everything that I feel's like a warm, deep,  
calm, casting over me  
And it's taking me to somewhere new

If you believe that everything's alright  
You won't be all alone tonight  
And I'd be blessed by the light of your company  
Slowly lifting me to somewhere new

Oh can you tell, I haven't slept very well  
Since the last time that we spoke?  
I said, "Please understand, if I see you again, don't even say hello."

Please.

What a night it is, when you live like this  
And you're coming up beneath the clouds  
Don't let me down  
All the love's still there I just don't know what to do with it now  
You know, I still don't believe we both did some things  
I don't even wanna think about  
Just say you're sorry, and I'll say, "Thank you, I don't want anybody  
else to feel this way."  
No, no, no.

Can you tell I haven't slept very well  
Since the last time that we spoke?  
I said, "Please understand, I've been drinking again, and all I do is  
hope."

Please...stop  
Please, stop

I'll admit, I was wrong about everything  
Cause I'm trapped and I can't get out  
All the insults, you said, about me  
behind my back  
I don't even wanna think about

I'm not strong enough to face you  
What was I supposed to do?  
You know I'm sorry  
Woah-oh

Please stop  
Stop