Smaller Circles - By Ricky Buchanan and Amble Skuse

Track 1	Track 2	Track 3	Track 4
Yeah, I can tell you It's all about disappearing so it's very topical			
I got a lot sicker this year			
So Erm			
Yeah, I just erm			
I mostly always get sicker But I got a lot more sicker this year			
A lot more than I was expecting			
So I've had to stop doing almost all of the stuff that I was really			
Enjoying doing and Almost all of the stuff that was making me you know			
Happy and			
Making me feel good So			
It's been kind of			
Challenging and Erm			
Yeah, I haven't had time to figure out new stuff yet so I'm frustrated			
Yeah, it's all frustrating			
And it's fine I'll deal with it, I'll adjust, I'll figure out	So yeah, it just, it's just like Disappearing from your own life		
You know	That it gets smaller and smaller and smaller		
New ways to cope and all that	And because it's not, geography that's getting smaller,		
But it takes so much energy and so much time to adjust	of course, it's my energy So as well as my, as my geographical wanderings getting		
Yeah, and I, also a lot of things that I have done	smaller		
At the start of the year or last year	My ability to interact on the internet gets smaller as well		
I'm still getting feedback on them And it feels really weird	So I can spend less time Talking on the phone		
For things that I did at the start of this year	Less time on social media		
Which I can no longer do! A hah ha Just like emotionally really kind of	At the start of this year I could		
Twisted up and	Mmm	Co averabling gate smaller to	
Difficult		So everything gets smaller too There's less energy for Facebook or	
(It's very topical disappearing from the video)		Twitter There's less energy for talking on the phone	
Yeah, and it's all just kind of confusing and		There's less energy for having a friend come over and	
Difficult to think about		And chat to me Everything else is smaller as well, not just	
I'm glad I did them when I could do them And it's OK, it'll be OK	It makes me sad	Not just the geography	
It just sucks right now	Yeah		
It feels like I feel like my life is a circle	It sucks and it also sucks to know that This is so far from the limit of how		
And the circle is getting smaller Was aware that the universe was shrinking	I never completely lost the ability to speak But I		
Erm			
And		Couldn't project my voice	
So first she couldn't communicate with like distant places		Because no one could hear me	
Far off		Um	
Places		And um I could, I could	
Because they no longer existed In the Universe		Speak enough to Make my needs met but I couldn't	
And then		Chat with people	
Eventually she couldn't communicate		Erm, and I have Friends that I know that all	
		Pretty much lost the ability To speak	
And then, the universe kept shrinking and	And the control of		
Eventually she couldn't communicate With the distant parts of the ship	And I'm very aware of people who I know From the internet		
That she was on	Who have completely lost the ability to speak Or communicate		
	And of course it's terrifying, I		
My life is I kind of feel like my life is like that	I know how bad it can get I've known people who have died		
that far away parts of the world Or my city	I've know people who have been my friends That I've personally been friends with		
And now I can't go anywhere	Who have subsequently become so ill that they have		
I'm in bed 24/7	died From M.E. / C.F.S and		
Um And	It's just so scary		
It's really hard to type	I don't want to be that ill I definitely don't want to die		
	I love being alive		
	It's It's worth being alive for		
	It has		
	It has meaning and value Mostly	And it has been harder than I thought it would be	
	Mostly that works	Because generally, I've, I've done so well	
	I guess not quite as much Because	At adapting That I was kind of	
Even if my life is small	Every thing has been so stressful lately	Blindsided by, by it I, I, I'm not used to the	
It's		Speed of my deterioration	
It's worth being alive for	On top of everything else and	Outpacing my My ability to adapt	
	That's just brought a lot of anxiety	Or my speed of adaption I guess So, I'm sure that they will	
	And that makes it you know	They will catch up again But it's always really scary,	
	So much more stress and anxiety	To get sick fast	
	Makes it lot harder to choose	To get sicker fast	

House from House with beautiful to any street work of the Control		What happens inside your head	And of course it makes me think	
The sent of security of the company and security of the co	Recause, I mean	Because it kind of hijacks, Hijacks hits of your thoughts		
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