Fighting My Demons © 2025 Jhana Matthews

All rights reserved. No part of these lyrics may be reproduced or distributed without the author's prior written consent.

Inspired by the poem by Rob Bissonnette

Lyrics by Jhana Matthews

Lyrics Date: November 19, 2025 | September 5, 2026

Genre of Music: Rock, Girl Group

Song via Suno

Fighting My Demons



[Verse 1]
I’m facing the truth
While deleting the lies

Fighting the battles
That stares me in the eyes

[Pre-Chorus]
My face shows no emotion
I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night
The demons are always in sight

[Verse 2]
I can’t send these demons away
It’s like I’m fighting to survive

[Pre-Chorus]
My face shows no emotion
I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night
The demons are always in sight

[Bridge]
I’m fighting these demons

That is a battle that wages on
I’m silently screaming

[Verse 3]
I feel my body trembling
While it’s clawing me from the inside

[Pre-Chorus]
My face shows no emotion
I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night
The demons are always in sight

[Bridge 2]
The walls are closing in on me
My will to survive is fading

[Pre-Chorus]
My face shows no emotion
I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night

The demons are always in sight

[Verse 4]
It’’s like my pain is my prison
Wanting to be set free

[Bridge]
I’m fighting these demons
That is a battle that wages on
I’m silently screaming

[Pre-Chorus]
My face shows no emotion
I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night
The demons are always in sight

[Bridge 2]
The walls are closing in on me
My will to survive is fading

[Spoken]
I’m struggling to hide my fears
There’s no going back

[Guitar Solo]

[Pre-Chorus]
My face shows no emotion
I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night
The demons are always in sight

[Verse 5]
The cage is broken
They are out of control
It’s my life that the demons are taken control
I am not able to hide
For once, I want to take control

[Bridge 2]
The walls are closing in on me
My will to survive is fading

[Guitar Solo]

[Pre-Chorus]
My face shows no emotion

I can’t control my thoughts
It feels like I am losing to my demons

[Chorus]
Every night
The demons are always in sight

Image by Alessio Zaccaria via Unsplash