Depression

Beyond Possession

Trapped within myself
Got no way out
Feeling messed up
Have to find some answers
To questions I don't know

Feeling down on life
Got no way out
Can you help me?
To make sense of the time
I spend trying to grow

Confined to my room
It's so quiet
I need to be alone
Losing track of time
Lost in a story, it's full of lies

People I used to know
Have turned their backs
Towards me
Got no reason
Get on with their lives and don't ask why

Depression, it's a mental state
I'm trying to cope I'm trying to relate
Depression, it's a mental state
Turn it around before it's too late

Well I've got problems
And we've got worries
And we've got feelings
But you don't think that I do
No, you don't think I do

But I do

Try to bring me down
Push me to the side
Think I'm lost?
Well I've found the answers
To questions I don't know

Get back on my feet
Do as I want
I can help me
To make sense of the time I spend
Trying to grow

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