

# 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

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