I am talking too loud when there's so much
I should be hearing
I am walking too proud when I know a fall is nearing
I am thinking too much for someone who knows so little
I am spinning so fast, I'm landing in the middle
Of this cold familiar place where I struggle to save face
And I lose all of the things that matter
Chorus
I don't want to be here again
Bowed at the alter of ego
I've sacrificed most everything
Here at the alter of ego

I've got just four friends I will let advise me
Me, myself and I and the evil twin inside me
We talk each other up and we bring each other down
'Cause there's nothing we like more than the ever present sound
Of the voice inside my head, once again it's led
To losing all the things that matter

Repeat Chorus

I need a touch of love, I need a thrust of grace
A push, a shove, a slap in the face
'Cause I have gazed too long at the person in the mirror
As I turn away, I'm finding things are clearer
I will set my sights on Someone so much higher
Not on what I want, but on what I require
To travel to the place where at last I can embrace
All the things that really matter

Repeat Chorus