

Feeling like I fell by the wayside
And I can't get back up
Turning 31 doesn't feel right
And I still think of
When I was too young to be jaded by anything
But those days are unfamiliar
Now it's all done and I've wasted 20 years

I should have chose sleep over staying up
But I'm defenceless
I couldn't find peace in the darkness
So I numb the senses
Falling so deep, couldn't stop if I wanted to
Who should I believe?
Feeling so weak, gave up then I lost you
Am I dead or dreaming?

I'm too low to be alone
And my head is an ocean of misery
So call for help or let me go out on my own

My head is an ocean of misery
Let me go out on my own

Crying out for a lifeline
But I won't hold my breath
I'm hard to be around sometimes
And I won't forget
When I was beat up, broke down and burnt out
You helped me to my feet again
I was never there, you were never a friend

I'm too low to be alone
And my head is an ocean of misery
I'm too low to be alone yeah
So call for help or let me go out on my own

My head is an ocean of misery
Let me go out on my own

I'm drowning again
Calling for help, please let me in
Please let me in

Try being me
'Cause my head is an ocean of misery
And I'm drowning in defeat
Try being me
'Cause my head is an ocean of misery
Is an ocean of misery