

Find A Way

Forever Still

There's a voice in my head
It's screaming it wants me dead or worse
Is it something you said?
I cannot recall
I can't think at all

Help me out!
Help me out!

I've been brought down by less
I'm fuelled by distress
I can't second-guess myself

I need to find a better way
To help me deal with this
I need to face my disarray
To help me heal again

There's a storm on the rise
It's eating at me from the inside
Everything has gone wrong
It's hard to stay strong
When I don't belong with me

I need to find a better way
To help me deal with this
I need to colour in the grey
To help me heal and mend

Can you feel me?
Can you shield me?
Can you hold me?
Stop the hurting

Can you hear me?
And be near me?
Can you help me?
Can you help me!

I think I found a better way
To help me deal with this
I think I found a better way
To help me deal with this

I found a finally
A better way
To deal with this
I think I found a
I feel
I'm
Finally found a way