

## Somebody Help Me

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somebody help me  
somebody block me  
somebody stop me  
cuz i can't get out  
i am trapped in my head  
and my body's gong to give out

i am destroying  
everything around me  
i'm in a jump down, turn around  
can't touch the ground kinda frenzy  
and i am killing myself  
by fucking around on you

but look at you  
you just sit there  
building and building these walls  
for you to chew  
and you keep a clear and safe distance  
from anyone who could possibly see right through you

well help me  
oh somebody block me  
somebody stop me  
because i'm trapped in my head  
and my body's going to give out  
oh it's going to give out  
it's going to give out  
yeah  
yeah

cause i am destroying  
everything around me  
i'm in a jump down turn around  
can't touch the ground kinda frenzy  
and i am killing myself by  
i am killing myself by  
well i've been  
fucking around on you