

now you're thinking i'm so stupid, that's alright
you don't know just what you're saying and in due time
what i'm going through, well i don't care and you won't prosper
what i say to you goes in one ear and out the other
now i'm taking three steps forward and two steps back
i've temporarily lost my focus and gone i've off track
what i'm going through, well i don't care and you won't prosper
what i say to you goes in one ear and out the other

please someone, come quickly, i've gotten stuck inside my head
please help me out while i still can
i've gotten stuck inside this little place and no one's helping
nowhere to go, already ran

givin' it one more shot
oh ya gotta let me try to get my life on track, on track
its five in the morning in the studio high up in the stereo
i'm loosening my mind
sayin' i give it up because i'm feeling out of place
don't wanna hear it, feel it now what i'm saying

move forward, move forward, move forward now
move forward, move forward, move forward now
no fussing, no fighting, no crying tonight