

## Still Frame

Trapt

Please help me 'cause I'm breaking down, this pictures frozen a  
nd i cant get out  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out of here  
Believe me, I'm just as lost as you  
an every time I think ive finally made it  
I learn I'm farther away than I have ever been before  
I see the clock and its ticking away, and the hourglass empty  
What the F\*\*\*do I have to say  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out of here  
Release me, I'm just as lost as you  
Believe me, I'm just as lost as you  
Keep it inside, the image portrayed  
As if I couldnt stand losing as if I couldn't be saved, no way  
A small confession I think I'm starting to lose it  
I think I'm drifting away from the people I really need  
A small reflection on when we were younger  
We had it all figured out 'cause we had everything covered  
Now were older its getting harder to see  
What this future will hold for us, what the F\*\*\* are we going t  
o be?  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out of here  
Release me, I'm just as lost as you  
Believe me, I'm just as lost as you  
So lost, I'm just as lost as you  
Oh well what am I going to do  
I'm afraid I'm falling farther away (from where I want to be)  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out  
Please help me 'cause I'm breaking down, this pictures frozen a  
nd I cant get out of here  
Release me, I'm just as lost as you  
Believe me, I'm just as lost as you