

## Spiral

Alanis Morissette

I could be daydreaming but for a moment  
And somehow they're creeping back in  
I could be sleeping awakened the torrent  
Somehow I get caught in their grips again

And here I am in my shame spiral  
I'm sucked in to it again  
And I reach out for your benevolent opinion  
And you bring the light back in

Don't leave me here with all these critical voices  
Cause they do their best to bring me down  
When I'm alone with all these negative voices  
I will need your help to turn them down

I could be listening to a conversation  
The story I'm not even in  
These voices have their way when I am unguarded  
Suddenly I step in quicksand again

Once again in my shame spiral  
I am glad that you've weighed in

Don't leave me here with all these critical voices  
Cause they do their best to bring me down  
When I'm alone with all these negative voices  
I will need your help to turn them down

All these judgements, so incisive  
Voices left to their devices  
This moments narratee is a desperate plea  
For slack to be cut to me  
Cut to me

Don't leave me here with all these critical voices  
Cause they do their best to bring me down  
When I'm alone with all these negative voices  
I will need your help to turn them down