Maybe it's just a phase
The days and the nights
And the nights and days
Of all the tossing and turning
And churning and burning
Inside my brain
Or maybe I'm finally insane
But I don't know what I believe anymore
It's like I'm caught in some revolving door
Going over and over
And over and over

Teach me how to pray
Tell me what to say
Help me
Help me
Help me find my way

I never could play their game
You know that all your faces look the same
And I won't give up
Won't give in
You know I never want to be like them
Well, I'm ticking away like time
You know I'm out of sync
And I'm out of my mind
You know I used to know a truth from a lie
Just by looking in their eyes

Carry me away
Further and further
And further every day
Help me
Help me
Help me find my way

I'm hanging by a thread
And the waves of confusion
Break down on my head
And when I think of all the things you said
Well, the words fall dead

Higher every day
A price I swore I'd never pay
Help me
Help me
Help me find my way
Help me find my way.