When I'm down, really down,
Nothin' matters. Nothin' does.
I close my eyes, go to sleep.
But I can't sleep. I can't sleep.

Please hear my cry for help, and save me from myself.

Junior High I lost my mind.
I don't know why. It's a terrible thing.
Since that day it's been a struggle
Trying to make sense out of scrambled eggs.

Please hear my cry for help, and save me from myself.

I painted a bar and I never got paid, In a town where everyone was on foot. I was locked in on Easter day. All I had to eat was a piece of bread.

When I got home my mother said "You're a lazy bum and that's how come You suffer like that and you'll starve All your life. All your life."

Spoken just like it was a curse, But it didn't really sound so bad. I like to make things up, It's the healthiest thing that I do.

But I'm tired
From being kidnapped
By a dark wolf that would
Do me in.

Please hear my cry for help, and save me from myself.

I'm just saying how I feel.
Maybe you could try to understand.
I'm a man who needs you.

When I'm down, really down
Nothin' matters. Nothin' does.
I close my eyes to go to sleep,
But I can't sleep. I can't sleep.

You can listen to these songs, Have a good time and walk away. But for me it's not that easy. I have to live these songs forever.

Please hear my cry for help, and save me from myself.