

At the end of the day  
And into the night  
That's when I get my peace and quiet  
I'm on a fast ride and I want to get off  
Whatever I do, whatever I say  
Is anyone listening anyway?  
I'm falling deeper and deeper  
And deeper down below

Ah, ooh, ooh, here I go again  
Ah, ooh, ooh, help me understand

At the end of the day  
And into the night  
That's when the darkness gives me light  
I can see clearly what is right in front of me  
I'm falling and I'm calling out  
No one can hear me shout  
Or maybe I'm crazy and  
I'm screaming in the wrong direction  
Whatever I do, whatever I say  
Is anyone listening anyway?  
I'm falling deeper and deeper  
And deeper down below

Ah, ooh, ooh, here I go again  
Ah, ooh, ooh, help me understand  
Ah, ooh, ooh, here I go again  
Ah, ooh, ooh, help me understand

Yeah  
I'm drowning, can't you see?!

I'm on a train that's jumped it's tracks  
And I'm not sure how I'm gonna get back  
Somebody please help me off my knees  
I'm asking, anybody please

Ah, ooh, ooh, here I go again  
Ah, ooh, ooh, help me understand  
Yeah, ooh, ooh, here I go again  
Ah, ooh, ooh, help me understand  
Yeah, ah ooh...