You see, I'm trapped in my mind, oh, I'm going trippy Oh, I don't think I'll ever go
You see the walls are so high that I couldn't climb them So I don't know which way to roll

Well, I'm stuck in rewind though I'm looking forward Damn, I wish I knew what went wrong I'm sick and I'm ill, my mental got me Oh Lord, please help me pull through

You see the sun seems to shine when I am not looking Oh, it seems a trick every time
Things do get out of hand once a while inside my mental Hey, I took a hell of a run

When I see what a soul I know I am not lucky
Yeah, I like to pat my own back
It's a gift and a curse since my birth, I'm in a prison
Oh, I'm happy right where I'm at

You see I'm trapped in my mind and I know it's crazy Hey, it's not that bad at all When you think of the world, I know it's crazy Hey, I'm not that bad at all

I'm trapped in my mind and I know it's crazy
Hey, it's not that bad at all
When you think of the world, I know it's crazy
Hey, I'm not that bad at all

You see I'm trapped in my mind and I know it's crazy Hey, it's not that bad at all When you think of the world, I know it's crazy Hey, I'm not that bad at all

I'm trapped in my mind and I know it's crazy Hey, it's not that bad at all When you think of the world, I know it's crazy Hey, I'm not that bad at all

Oh, I'm trapped in my mind, baby
I don't think I'll ever get out
Oh, I'm trapped in my mind, baby
I don't think I'll ever get out, yeah

I am trapped in my mind, baby
I don't think I'll ever get out

I don't think I'll ever get out