Caught up in this house
Trapped my very own self in the snare of my mind
No more space than a slither
What I'd give for deep breath inside
Where the chaos has me captive
Where there's no exit sign
Where I fuel the stupid fire with these feelings of mine

Lured into this den
It's bitter and I want the sweetness again
A taste that I agree with
Get me past these perils and to my Eden
Where the silence is a comfort
Where there is no one else
Where I'll be up from under and can uncurl myself.

Too many, too much, too hard Help me, this time I went too far Too many, too much, too hard Help me, this time I went too far

Can I smash all of this open
Can I pass the hurt with a little pain
I wanna see all of it crumble
And start afresh and over again
My eyes are wide open
But I can hardly see
Will laughter find a way around these silent tears

Too many, too much, too hard Help me, this time I went too far Too many, too much, too hard Help me, this time I went too far