I stare deep down into the eyes of my nightmares As they come to life
I feel my heart beat right out of my chest and I think I might be losing the fight
(I might be losing it)

I live inside my poisoned mind
It leaves me paralyzed (it leaves me paralyzed)
My visions blurred
My words are slurred
I think I might, might die tonight

This shadow follows me
It always keeps me on the edge
I know that I would never jump
So why cant I step back from the ledge?
Am I losing control?

You take me to the darkest places I have ever been I think I feel it coming back again

Why am I terrified of everything I used to love
Save me from myself I don't want to hate who I've become
Inhale, exhale
Why is it so hard to breathe
Inhale exhale
Why isn't this working?!
If I live to see the other side of this
I swear I'll never take for granted any happiness
I never knew what i had until it was gone
How long will this go on?

Why am I terrified of everything I used to love
Save me from myself I don't want to hate who I've become
Tell me that tomorrow when I wake up I'll be fine
I just want to be myself again
I want to know that I'm alive

Tell me is there something that I'm learning from this? I try my best to make the most of it
Maybe i just need to see the bigger picture
Show me how it ends

If I have to feel this forever, I'd rather feel nothing at all.

Bring me back to life
I just can't take another sleepless night
Bring me back to life
Give me the clarity to see the light

I know that you can take this away So I'm praying that today is the day Oh, I pray that today is the day Bring me back to life

Why am I terrified of everything I used to love

Save me from myself I don't want to hate who I've become Tell me that tomorrow when I wake up I'll be fine I just want to be myself again I want to know that I'm alive

Please give me peace Give me joy Give me sanity, Give me hope Give me love Give me truth.