Tonight, this loneliness has found you
Tonight, there's a darkness that surrounds you
Adjusts your state of mind
It's got you in this blind

You can't move, so you lay upon your bed You run through, all the darkness in your head And hope that sleep will bring An end to everything

And this shadow, that's hanging over you
Makes it feel just like, well you won't make it through
So please just stay around
'Cause where there's life there's hope
And a heart gets found

Well you feel like your lost and left for dead You've made real, all these ghosts inside your head And these ghosts are so unkind They adjust your state of mind

And this shadow, that's hanging over you
Makes it feel just like, well, you won't make it through
So please just stay around
'Cause where there's life there's hope
And a heart gets found

And this shadow that is hanging over you
Makes it feel just like, well, you won't make it through
Please just stay around
'Cause where there's life there's hope
And a heart gets found

Hey, what's hanging over you
How d'ya get so down?
How d'ya get so blue?
So please just stay around
'Cause it's much better when you can be found