Lost again I try to find myself Direction found unknown Where else can I go Sit me down and say to me Tell it like it is Desperation eats at me I feel I need a change Promises I've made So helpless and innocent Hard to try and figure out just what it is I say Still falling back behind again Will I always chase you? What's in it if I do? My ideas that you sold me Don't need to understand What it is I am Or who it is I am anymore Helpless and incocent so hard to try and figure out just what i t is I wanna say to you Please help me understand I reach my hands for someone there Start the circle of where I've been Remember where I've been The walls that protected have all fallen down And I don't know how much more I can take I know their faces and I know there names Been to the places and I remember