```
If your vision is holding you
If you can't fathom out what to do
If you can't read what you write
If you find yourself waking in the middle of the night
Get outside
Get outside
Get outside
If you can't decide what you wanna do
If you can't stand what people say to you
If you can't see when your eyes are open wide
If you ask yourself what your doing and there's no reply
Get outside
Get outside
Get outside
If you're feeling crowded or out of tune
yeah
I've been trying to swing this cat all day
But there ain't no room to move
Get outside
Get outside
Get outside
If your vision is holding you
If you can't understand what people say to you
If you can't see when your eyes are open wide
If you ask yourself what you're doing and there's no reply
Get outside
The situation is
Outside
Get outside
Get outside
Get outside
```