Still Frame

Trapt

Please help me 'cause I'm breaking down, this pictures frozen and I can't get out
Please help me 'cause I'm breaking down, this pictures frozen and I can't get out of here
Believe me, I'm just as lost as youan every time I think I've finally made it
I learn I'm farther away than I have ever been before
I see the clock and its ticking away, and the hourglass empty
What the F*** do I have to sayPlease help me 'cause I'm breaking down, this pictures frozen and I can't get out

Please help me 'cause I'm breaking down, this pictures frozen and I can't get out of here

Release me, I'm just as lost as you Believe me, I'm just as lost as you Keep it inside, the image portrayed

As if I couldn't stand losing as if I couldn't be saved, no way

A small confession I think I'm starting to lose it

I think I'm drifting away from the people I really need

A small reflection on when we were younger

We had it all figured out 'cause we had everything covered

Now were older its getting harder to see

What this future will hold for us, what the F*** are we going to be?Please help me 'cause I'm breaking down, this pictures frozen and I can't get out

Please help me 'cause I'm breaking down, this pictures frozen and I can't get out of here Release me, I'm just as lost as you

Believe me, I'm just as lost as youSo lost, I'm just as lost as you Oh well what am I going to do

I'm afraid I'm falling farther away (from where I want to be)

Please help me 'cause I'm breaking down, this pictures frozen and I can't get out Please help me 'cause I'm breaking down, this pictures frozen and I can't get out of here

> Release me, I'm just as lost as you Believe me, I'm just as lost as you

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