I was down for so long
Everything I did was wrong
And I found fault
In everyone but me

I was hurt and alone
I could not find my way home
Broke-down and hungry
And too tired to moan

Then I heard somebody calling my name Saying ain't no need to be shamed I found out that the door was always open

I was trapped in my mind A prisoner of my own design Lost in a world A world of confusion

I was there by myself Couldn't find no help no where else Thought I'd call up the hotline But there was nobody there

Then I heard somebody calling my name Saying ain't no need to be shamed I found out that the door was always open

Then I heard somebody calling my name Saying ain't no need to be shamed I found out that the door was always open