The pain I felt was all too real When will we learn from our mistakes How much time must we spend at the bottom of this pit From which we cannot escape When will we learn from our mistakes How will I escape this prison In which I find myself trapped once again Oh, God Free me from myself I am my own worst enemy Help me free me from myself Tortured by what is inside of me Help me free me from myself I have built my own prison Help me tear down these walls that keep me here The pain I felt was all too real Help me free me from myself I am my own worst enemy Help me free me from myself Tortured by what is inside of me Help me free me from myself I have built my own prison Help me escape my own prison The pain I felt was all too real