

Jem, Save Me

Save me
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I've gotta stop my mind
Working overtime
It's driving me insane
It will not let me live
Always so negative
It's become my enemy

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Why would I think such things
Crazy thoughts have quick wings
Gaining momentum fast
One minute I am fine
The next I've lost my mind
To a fake fantasy

And none of these thoughts are real
So why is it that I feel
So cut up and so bad
I need to take control
'Cause my mind is on a roll
And it isn't listening to me

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Mirror mirror on the wall
Who's the dumbest of them all
Insecurities keep growing
Wasted energies are flowing
Anger, pain and sadness beckon
Panic sets in in a second
Be aware it's just your mind
And you can stop it anytime

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OK so here we go
If it works I'll let you know
One two three I say stop