Pocket Change, Take It Easy

My thoughts, my worries bring me down.
Sometimes I feel like exploding.
It's not about you, so don't let it bring you down.
Sometimes I take things for granted.
Sometimes my mind takes over.
It's not about you, so don't let it bring you down.
(Chorus:)
Take it easy Mathew!
What is going through your mind?
What exactly are you thinking?
My brain is frying.
I can't take it anymore.
All this analyzing.
So here it goes.
I love you.