Joseph Arthur, Prison

Help me find a reason
In my darkest time
To open up my heart
And survive
Help me gain my vision
As I stand here blind
Looking out for a place to be
helpless and free
where no one will recognize me

A prison inside myself
I look at you
I think I need your help
(i look at you? to get through?)

Can you find the reason
To put it down
But you love the poison
You found
And all that you've been using
To get you through
Soon you'll see
That it was using you
A prison inside myself...