Television Personalities, A Stranger To Myself

I'm a danger to myself
And I won't deny it's true
And in the stillness of the night
I feel so troubled through and through
And I know I have to change
But it's easier said than done
And after all nobody said that life had to be fun
But if I close my mind
To the world outside
But I can't close my mind to the pain inside
But if I close my mind
I can close my eyes

To all the pain I feel
But I'm a stranger to myself
And to the ones that I hold dear
And I feel so helpless every time I fall
And I know you find it hard
Trying to get inside my head
Don't you think sometimes
It's just as bad for me
'Cause I'm a stranger to myself and I always will be
I'm a danger to myself
I'm a stranger to myself