Stop This Train

Melanie C

I put my favourite trainers back on today
Bagged up my heels and put them away
Took down my hair and gave it a curl
Looked in the mirror: 'Who's that girl?'

I've been her, I've been me
I've been who I think you want me to be
But now I'm stuck in a rut
Can anybody help me?

I don't know what to do
I don't know what to say
I don't know how to stop this train
From running away
I'm out of my depth
I'm out of my head
Can anybody help me?
Ooh ooh ooh

One day I think I'm happy being myself
Next day I'm acting like I'm somebody else
Is it so different for the rest of the world?
Check the mirror: 'Who's that girl?'

I've been her, I've been me
I've been who I think they want me to be
But now I'm stuck in a rut

I don't know what to do
I don't know what to say
I don't know how to stop this train
From running away
I'm out of my depth
I'm out of my head
Can anybody help me?
Ooh ooh ooh

All of my thoughts are gathering pace
This isn't a drill, this isn't a race
Whatever I do I'm all over the place

Can anybody help me?

I don't know what to do
I don't know what to say
I don't know how to stop this train
From running away
I'm out of my depth
I'm out of my head
Can anybody, anybody, anybody
Please I don't know what to do
I don't know what to say
I don't know how to stop this train
From running away
I'm out of my depth
I'm out of my head
Can anybody help me?
Ooh ooh ooh

I don't know what else to do
I don't know what else to say
I don't know how to stop this train from getting away
I don't know what else to do
I don't know what else to say
I don't know how to stop this train from getting away

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