

## Out of Control

I'm spinning and spinning out of control  
I think my head is going to explode  
I'm in a typhoon that's in overload  
And I'm twisting and twisting out of control

I'm trashing and crashing all that I can see  
Caught in a vortex, I can't break free  
The demons inside, shout out, let it be  
Out of control, smashing all I can see

Volcanic eruptions tear up the ground  
Ear splitting explosions the only sound  
Bouncing off walls, as I rebound  
Making a mountain out of a mound

Get out of the slipstream I leave in my wake  
The thoughts in my head my body can't take  
Caught up in emotions too hard to shake  
Just like a tidal wave waiting to brake

By Lee Haigh