

This is the reason for letting go
Of the happy tears
'Cause it's worth the trouble of saying no
It's worth the outcome of learning to let go

I can't even stand you
There's too much I've seen that you don't know
I've buried alive inside of me
And I let it keep living even while it's killing
The only thing I think of in disdain
Is the one thing that's leading me
To late nights and no lights in front of the same screen
I can't say, I can't say no

This is the reason, oh, this is the reason for
'Cause it's worth the trouble of saying no
It's worth the outcome
This is the reason, oh, this is the reason for
'Cause it's worth the trouble of saying no
It's worth the outcome of learning to let go

I don't want to be here, I don't want to be here anymore
But I can't seem to lift these fingertips from
Keys that lead me through these same doors
The only thing I need to continually say is
"Get up, get up and run like hell"
And bury these keys but not down inside of me
I can't say, I can't say no

This is the reason, oh, this is the reason for
'Cause it's worth the trouble of saying no
It's worth the outcome
This is the reason, oh, this is the reason for
'Cause it's worth the trouble of saying no
It's worth the outcome of learning to let go

This is the last time, I know I said this last time
Oh oh oh oh
This is the last time, I know I said this last time
If I could take this chance I know I would
Just to take this divide away
If I could take this chance
If I could take this chance, oh

This is the reason, oh, this is the reason for
'Cause it's worth the trouble of saying no
It's worth the outcome
This is the reason, oh, this is the reason for
'Cause it's worth the trouble of saying no
It's worth the outcome of learning to let go