I swear to God at night when I close my eyes
I can still see this little lost girl inside
And I don't know how to help her, I don't know what to do
Supposed to have this figured out but I'm so confused
For years I cried myself to sleep every night
Lived one day at a time, trying to just stay alive
And I knew people had it worse, but that didn't make me better
Took all I had inside just to hold myself together
But I knew I couldn't stop, kept hoping one day
Maybe I'd make it to a stage and tell you "it's all okay"
And that I love you, even if I haven't met you yet
Hold on, stay strong and never forget.

We've been lost, been to the bottom
Beaten up, torn and forgotten
Still we fight, we will survive
Can't kill the fire we feel inside
We've been burned, chained and depleted
Left alone, we're not defeated
Still we fight, we will survive
Can't kill the fire we feel inside

You can't, you can't kill us You can't, you can't kill us

Everyday I felt a little less pain inside
But at that rate I knew I'd hurt until the day I died
I refused to let the darkness have the last say
So when it came to call my name I had to run the other way
Maybe that's what it takes, you have to tell the pain no
Have to let the sick parts of your heart finally go
Make room for the light, let it pull you in close
And if you're ever feeling low I think you know where to go

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One day we're gonna wake up, we're gonna be alright We'll look back and be happy that we kept ourselves alive We'll honor where we came from, see what the hurt was for But we don't let our past hold us hostage anymore Cause we got more to give, more to live, more to be More to who we are than our broken history Like an army we all know it's not all better yet But we hold on, stay strong, and never forget

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