I walked these streets before
I've seen the lies; they're piled outside my door
I've found another face in me
I've found a love no quarantees

So don't do it, breathe through it
Breathe through it all don't do it
It's a lesson you learn, you choose it
Breathe through it, don't do it, you choose it

Sometimes I hide inside
I'm trapped between the good and evil side
Sometimes the only sound around
Is when my footsteps hit the ground?

It's hard to show your truth
You learnt to lie so early in your youth
Is it a life you'll never lead
Or pay the price until you scream

Breathe through it don't do it You choose it don't do it Don't do it breathe through it Don't do it breathe through it Don't do it you choose it

You gotta trust in me now because you gotta because you have to you gotta trust in me because you take it because you gotta 'cause you have to you gotta trust in me because you can make it 'cause you gotta 'cause you wanna breathe through it just breathe through it just live with it just walk with it just feel with it just come walk with it make a choice with it come breathe with it come walk with you breathe through it let it breathe through you