

I know heart has had enough  
You've hit the wall but you still try to be tough  
You swear nobody understands this hell that you're going through,  
The nightmare that's coming true.  
You tell your friends that you're okay, but,  
that light inside of you is starting to fade.  
You barely recognize yourself  
You're lost and your so afraid  
You don't have to be so brave.

Sometimes we just need to break down and feel.  
Let go, take time so you can start to heal  
Go on and throw it out, your luck will turn around.  
Lose control, no, don't try to hold it in.  
You will come back stronger this ain't the end.  
You're gonna find your way,  
You're like a boomerang.

Walk out the door and take a chance  
Sometimes you gotta fall to see where you land.  
Don't gotta have it figured out.  
If you feel like giving up, just lean on the ones you love.  
Even the sun goes sinking down, but,  
You know tomorrow it'll rise from the ground.  
Here in the rain it's hard to see  
The place that you wanna be,  
It's closer than you think.

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You've hit your wall but you don't have to be tough.

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