

That's just like me when everything's gone wrong  
To latch onto something even less stable, less good  
I needed an anchor for my sinking ship  
It's just like me to attach it to my heart instead

I think this was a test  
To see how long I could hold my breath  
I understand, but I gotta remind myself  
That even at my worst I can keep my head  
Alone I stand  
United we fall apart  
One union under God  
But not for long, thankfully

That's just like me when everything else fails  
To go for the gold, the unattainable goals  
Enough's not enough when you're beat to the floor  
As if heartache's not heartache enough anymore

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To see how long I could hold my breath  
I understand, but I gotta remind myself  
That even at my worst I can keep my head  
Alone I stand  
United we fall apart  
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When we were young we never cared  
And now we're scared of jumping in  
Like we've forgotten how to swim  
But if we try and if we tread  
then we can teach ourselves again  
'Cause it's worth the chance we take  
When we were young we never cared  
But now we're scared of jumping in  
Like we've forgotten how to swim  
But I think that we should try and we should tread  
'Cause if we never take another dip again  
We'll never know the joy that failure brings

I understand, but I gotta remind myself  
That even at my worst I can keep my head  
Alone I stand  
United we fall apart  
One union under God  
But not for long,  
One union under God  
But not for long, thankfully