Something tells me I can't take it
I've been here before
Left outside, nowhere to hide
Barred windows, locked doors
And all the monsters are creeping out from where they dwell
The corners of my mind
They tell me that we're doomed, our thoughts, our tomb
But stars need night to shine

Something tells me I can't take it
I've had my fair share of trouble
I've seen some things, I'd rather forget
Something tells me I can't take it
I let it make me humble
Confident now that I'm friends with death
Something tells me I can't take it
I've been here before
Left outside, nowhere to hide
Barred windows, locked doors
I know that I'll make a difference, down to my core
Being told that I can't makes me want it more

When you can greet it all, without fear Even tradegy with its healing tears This world becomes precious and vibrant The swirling movement, colors clear

So hold on
When you feel that all your efforts are failing
Just hold on
It's hard to see all the progress you're making
All the monsters are creeping out from where they dwell
The corners of my mind
But I'll just smile and wish them well
Watch the gloom retreat in light

Sometimes you've only begun To lick your wounds When the walls cave in The pain resumes Those scars will heal, love You've got a strength in you Maybe you've only begun To hum the tune Then a new song kicks in Dissonance consumes Learn to love the silence Yeah, you'll hear the truth I know the waters seem muddy But beauty will soon bloom And though the fires are burning Brand new life will push through

So hold on When you feel that all your efforts are failing Just hold on It's hard to see all the progress you're making

All the monsters are creeping out from where they dwell The corners of my mind But I'll just smile and wish them well Watch the gloom retreat in light

You could have just found a loved one
Cold and dead on the floor
It's like your world comes undone
Would things be different if we had done more?
Maybe there is something to outrun
But it's all around you
Maybe you're holding a gun
If you end, things can't get better for you

So hold on
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