One of my greatest fears is "It."
I can't touch "it," but I can feel "it."
It does not have a taste or smell,
But I can hear it in my spirit

[Chorus:]

It is deep inside of me,
It makes me fear my memory
One day I'll live peacefully,
Without the fear of "It"

It is something I can't see
It can never possess me
It always tries to take control
I can defeat it if I believe it

[Repeat Chorus]

It keeps running through my mind, I have to fight it time and time And time and time and time again...

[Repeat Chorus]

The more I understand about it
The less my world revolves around it
Then I can just live out my life
Without the fear of "it."