

## It Stops Today

Colbie Caillat

No, no, I, I, I, I, I don't want to break when I speak  
I don't want to shake while I'm standing  
I don't want to crawl into another hole  
I don't know what I'm hiding for

No, I, I, I, I, I don't want to fall when I stand  
I don't want to have to hold your hand  
I just want to be the girl I use to be when I was me and wor  
ry free  
I know these burnings on my own

R: But I can't keep on running  
No I just can't keep on running away from here  
I know that the only way to be is to fight my every fear  
I'm not going to make it 'til I turn around and face it alon  
e, I know  
I can't just keep running, no I just can't keep on running a  
way  
So it stop today

So here I am, I'm taking my first step  
Thought I was losing balance but I caught myself  
I kind of like the challenge, no I don't need help  
I'm going to make it past the very start  
It's always been my hardest part

But I, I, I, I, I'm going to stay in control  
I must admit this crutch is getting old  
I am going to throw it out of my hand  
I'm finally here, I understand  
I know I'll get there on my own

R: So I can't keep ...

You can hide from all the pain  
But it will find you anyway  
Yes, I know, now I know

R: That I can't keep ...