

Some days I find it hard to breathe
It's like the walls are closing in on me
Some days, I feel all alone
It's like I'm knocking on the door but no one's home

It starts with a silence, but I hear it's screaming loud
Let go of the fear that is holding us down
It starts with a whisper, but it turns into a wall
My heart stops to listen when my voice starts to soul

I speak up, no longer hiding in the shadows
I speak up, I am perfect from my head down to my toes
No one can knock me down, I stand and face the crowd
When I speak up!
I'm not alone anymore

I was always so quiet
It used to be so easy to ignore
You said that I am worth it
Find a girl within your soul worth fighting for

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When I speak up!

I'm not alone anymore
Silence had a hold, had a hold on me
But I'm not who I used to be
'Cause even in my doubts I still believe
Fear won't take this voice from me, oh
Fear won't take this voice from me, oh!

I speak up...

I speak up, no longer hiding in the shadows
I speak up, I am perfect from my head down to my toes
No one can knock me down, I stand and face the crowd
When I speak up!