I know, you made a big mistake You left a lot of damage Floating in the wake Though your actions were unwise You'll still see the sunrise

Be hurt,
The world can take it
And so can you
Come on, be hurt
You know that you can take it
I'm not gonna let it destroy you

Look here, you're more than your mistakes It's just how it goes sometimes
Your heart may have to break
Though it feels like it's the end
You can't see around the bend

Be hurt
The world can take it
And so can you
Come on, be hurt
You know that you can take it
I'm not gonna let it destroy you

I know, you think you've lost your way You need a lot of courage To face another day As you stumble through the night Know you're gonna win the fight

Be hurt
The world can take it
And so can you
I know it; I do
Come on, be hurt
You know that you can take it
I'm not gonna let it destroy you
Come on, be hurt
It's alright
I'm not gonna let it destroy you