Brother, tell me what's going on in your head Tell me all things they said Tell me brother, brother Brother, tell me what's been eating you up Let me help to heal the cuts, let me brother

Don't grin and bear it
Try to share
'Cause you grin and bear it
You don't try to share it
Don't grin and bear it
Don't grin and bear it
Don't grin and bear it (Mhmm)

Mother, why do you always cry inside?
Please don't try to hide this time
Please don't mother, mother
Father, it's time to let those demons go
So open up and stop the flow
Come on, father

Don't grin and bear it
Try to share
'Cause you grin and bear it
You don't try to share it
Don't grin and bear it
Try to share it
Don't grin and bear it

Grin and bear it