Don't Say

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Don't say
"What's the matter, babe, are you okay?"
I'll send them all away 'cause it's too late
Just hanging by a single thread
And don't dare
Take me in your arms and stroke my hair
Or tell me I'm a star 'cause I can't hear
Just beating up myself again

Don't be kind 'cause I can't take it
I'm trying so hard not to break
There's nothing anyone can say or do
And don't you try to redirect me
To clear my mind, it's not that easy
I can't pull myself up just like you
'Cause the only way out is through, mm
The only way out is through, mm

Don't say
"This feeling's gonna pass, just a bad day"
The world is gonna turn and then one day
You'll wake up feeling all brand new, new
No, don't make
A promise that you can't keep, it's okay
To never have the answers, just be here
You don't have to feel the same

And don't be kind 'cause I can't take it
I'm trying so hard not to break
There's nothing anyone can say or do
And don't you try to redirect me
To clear my mind, it's not that easy
I can't pull myself up just like you
'Cause the only way out is through
The only way out is through, oh

Ooh-ooh
I can feel it
I'm getting better, I can feel it
Already I'm getting better, I
I'm getting better now
I can feel it
I'm getting better, I can feel it
Already I'm getting better, I, keep getting better, I
I can feel it, I'm getting better
I can feel it
Already I'm getting better, I
I'm getting better
Already I can feel it already, I'm getting better
I can feel it, already
I can feel it, I feel it, I feel it

I feel it, I feel it, I feel it
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