Drag it from the inside like we're young again Tear up what they hoped was in their heads Cause I am watching you, you are looking at me And I am waiting for you

To say, just take a breath
I know you'll get there
We had such a long, long way to go
You know you can be all that you want now
I have such a long, long way to go

Open up with somebody who let you in Can it possibly be enough if you tell them where to begin? I know I'll owe nothing, but neither can survive So won't you keep me alive?

And say, just take a breath
I know you'll get there
We had such a long, long way to go
You know you can be all that you want now
I have such a long, long way to go

Does it feel to you like it felt before
Like a triggers gone you don't know what for
Like you lost control when you needed more
Can you hear my voice in your bones again
Can you be with me like you were back then
I can handle this talk again

Oh say, just take a breath
I know you'll get there
We had such a long, long way to go
You know you can be all that you want now
I have such a long, long way to go
Just take a breath
I know you'll get there
We had such a long, long way to go