

## Know How It Hurts

IDER

Close my eyes and I am seven  
Being told I cannot play  
I used to think I'd get to heaven  
If I stayed out of the way  
Now I don't trust the world a fraction  
It's let us down too many times  
I have an insecure attachment style  
And my body isn't mine

You don't have to hide it, I know how it hurts  
It's hard to describe it, you don't have the words  
We still have to fight it, we still have to work  
You don't have to hide it, I know how it hurts  
(I know how it hurts)

Is it all mass distraction?  
It's my body, it's my choice  
It's just a different kind of playground now  
Where they still don't hear my voice  
Every time we think we're climbing  
We get pushed back down the stairs  
In every room the quiet killer  
It's a feeling that's always there

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(I know how it hurts)

And I'm screaming in my dream and no one turns around  
It's a violent undercurrent, it's a crash without a sound

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We still have to fight it, we still have to work  
You don't have to hide it, I know how it hurts  
(I know how it hurts)  
You don't have to hide it, I know how it hurts  
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