I know it's hard to see yourself the way I do
And no one's harder on themself than you
But maybe for a minute you could let the truth sink in
Would you believe it if you heard it from a friend?

Did you know you have the greatest laugh in town? Did you know we're better off when you're around? Did you know you brighten up every room you're in? You might believe it if you heard it from a friend

So here I am
Holding up a mirror
Hoping you might see
Yourself a little clearer
Beyond a shadow of a doubt
From where I'm standing now
I see the light in you

There will always be some critic in the back Shouting his opinion like a fact But look who's fallen and getting up again Won't you listen Will you hear it from a friend?

Here I am
Holding up a mirror
Hoping you might see
Yourself a little clearer
Beyond a shadow of a doubt
From where I'm standing now
I see the fight in you

Well tomorrow I might start to lose my way
And forget what I was sure of yesterday
Will you remind me the sun will shine again?
When I can't see it
But I would believe it
Oh, I could believe it if I heard it from a friend