Long as I recall
She's always been there
Oh, little miss style comes with me everywhere
Everytime I'm close that's when she appears
Singing on my weakness playing on my fears
Wrap me up with words but now I'm breaking free
Looking in the mirror I can see she's me
Standing in a way time & time again
I've gotta find a way to break these chains

Though I keep trying
You keep holding on
One day I know that I'll be strong enough
Enough to change & break away
Show me a way to break them chains
Whenever it release me I'll never ease
How do you escape from where you use to be
Tell me then & I'll start again
Show me a way to break them chains

I keep wanting to change
You tell me that I cant
You always knew what to say to make me feel bad & coming back to you[no]
Running back to you[no]
See nobody knows me
Not the way that you do
I thought I let it go when I showed you the door
But you always kept a spare key to my heart
No I wont let you in
You best do me again
I've gotta find a way to break this chain

Though I keep trying
You keep holding on
One day I know that I'll be strong enough
Enough to change & break away
Show me a way to break them chains
Whenever it release me I'll never ease
How do you escape from where you use to be
Tell me then & I'll start again
Show me a way to break them chains

It's been long enough & I've realized what you're all about (realized what you're all about)
You just wanna keep me down (just wanna)
I wont make it easy little miss style
I'm older now, stronger now, wiser now
I wont play your games
You had me that way
But never again
Though the past (something)
It's time to break these chains

Though I keep trying
You keep holding on
One day I know that I'll be strong enough

Enough to change & break away

Show me a way to break them chains

Whenever it release me I'll never ease

How do you escape from where you use to be

Tell me then & I'll start again

Show me a way to break them chains