Every night turns to every morning
And I'm starting to think I miss the sun on my cheeks
I've been staying inside 'cause I'm scared of this something
I can't really define, I know it's all in my mind

Ooh and no one knows me right
Oh when I'm feeling lonely
Oh when I'm feeling lonely
Ooh and there's not a word to find
Just the hum of a great surrender
(Saying it must get better)

Cause talking is easy
Baby, believe me
But to be quiet is so loud
That's when all of my feelings
Grow in the silence between them
To be a part of a big sound
Oh the quiet is so loud

And I'm staring it down every way that I know how
Oh I just need some time to cry it out and be fine
And the days turn to weeks and I think what have I done
No, it's never enough, but really what is enough?

Ooh I'm just getting by
I know my heart's still beating
And all this is just a feeling
And ooh baby, please stand by
Know I'm doing my best believing
(That all this will pass one evening)

Cause talking is easy
Baby, believe me
But to be quiet is so loud
That's when all of my feelings
Grow in the silence between them
To be a part of a big sound
Oh the quiet is so loud
(The quiet is so loud, the quiet is so loud)