The first day that we met
I saw you out of the corner
Of my eye, I was 5
You're still the thumb that I'm under
You're still the thumb that I'm under

Oh, I hid you away
Pushing you down
You left me caught between a light and a dark place
I'm going to ground
When out looking for love
Three is a crowd
We'd always lose our way
Between the black and the grey

I've been lonely
Keeping you back there behind me
Got this swollen feeling
We could make amends
But you're holding me back
Yeah, you're holding me back
I just want to run
"Dear shadow
Walking every shade of who I am
Maybe we could start again?

On the wall
I was 10, you were more than a feeling
By my side, unwanted
The sun would see you come creeping
Made of fear
I was strong
There's no shame to have you here
Where you belong

I've been lonely
Keeping you back there behind me
Got this swollen feeling
We could make amends
But you're holding me back
Yeah, you're holding me back
I just want to run
Dear shadow
Walking every shade of who I am
Maybe we could start again?

I've been lonely
Keeping you back there behind me
Got this swollen feeling

We could make amends
I see it's only me needing
You back there behind me
In my soul I feel like
Maybe we'll be friends
But you're holding me back
Yeah, you're holding me back
And I just want to run
Dear shadow
Walking every shade of who I am
Maybe we could start again?