In this moment
When you feel like giving up
The world is turning
And your heart is heavy with doubt
Yes I know, I know, I know yeah
Yes I know, I know

So much worry
All the ups and downs can make it tougher to see
All the good things round us making up
Yes I know, I know, I know yeah
Yes I know, I know

When it's all too much And you can't let go And you feel alone You learn from every high and low When it all gets tough And you're on your own I will be your home You're not alone Just so you know You're not alone Just so you know You're not alone Just so you know And I see your scars And they hurt I know But I watched you grow You're not alone Just so you know

Keep me in mind
When it's all too much to make
I know the fine line
Is enough to carry the tide
Yes I know, I know, I know yeah
Yes I know, I know

When it's all too much
And you can't let go
And you feel alone
You learn from every high and low
When it all gets tough
And you're on your own
I will be your home
You're not alone

Just so you know
You're not alone
Just so you know
You're not alone
Just so you know
And I see your scars
And they hurt I know
But I watched you grow
You're not alone

Just so you know

Head under the coldest water
Feels like you'll never get up
But I'm here, I'm right by your shoulder
No way that you're giving up
And even when it all comes crashing
Know that you will never be alone

Head under the coldest water
Feels like you'll never get up
But I'm here, I'm right by your shoulder
No way that you're giving up
And even when it all comes crashing
Know that you will never be alone

When it's all too much And you can't let go And you feel alone You learn from every high and low When it all gets tough And you're on your own I will be your home You're not alone Just so you know You're not alone Just so you know You're not alone Just so you know And I see your scars And they hurt I know But I watched you grow You're not alone Just so you know