

This is the worst day of my life
I can't hold back what's on my mind
I can't breathe when I look at you
And it's so hard to go on
And I know you know the feeling
When everything just seems to lose it's meaning
And I know you know the feeling

Sometimes I have to tell my friends
To pick me up and dust me off again
This is my philosophy
And you can't help who you are

Well I just can't believe it, can you?
That there's nothing we can do
To make right what we've done wrong
And make up for the time long gone

And I know you know the feeling
When everything just seems to lose it's meaning
And I know you know the feeling
Some say it's written in the stars
Your astrology
What you're supposed to be
You can't help who you are

Well I just can't believe it, can you?
(Can't believe it can you)
That there's nothing we can do
(Nothing we can do)
To make right what we've done wrong
(Right what we've done wrong)
And make up for time long gone
(Up for time long gone)

And I know you know the feeling, feeling, feeling, feeling