

It seems so tough sometimes  
When you face a day with back to back conflict  
When you get pushed around you might stand your ground  
Might end up on your back but...

When you fall do you benefit and talk about it?  
When you fall do you get back up with your head above you?  
When you fall...?

I choked back tears last night  
Sitting alone in a restaurant thinking...  
How did I get so low?  
How did I manage to sink to the bottom?

When you fall do you benefit and talk about it?  
When you fall do you get back up with your head above you?  
When you fall, when you fall, when you fall