

Your guard goes up when you feel like it's gonna rain  
Staring at the ground 'cause you can't find the words to say  
How you're feeling when you're dealing with it all  
Point the finger down 'cause you can't find the one to blame

You look to the ground  
You're filled with doubt  
You hold it inside you

You're daydreaming and you're back in that place again  
And you're really just afraid to let it hurt so you choose to pretend  
And you're seeing how you're dealing with it all  
Point the finger down cause you can't find the one to blame

You look to the ground  
You're filled with doubt  
You hold it inside you  
Instead of letting it out  
And there's nowhere to turn for help  
When you're fighting against yourself  
Conflicted and broken  
You feel like you're someone else

But you still hold on  
You won't let go  
You wear your heart on your sleeve  
Your mind is like an open book  
Tear out the pages you filled with fear  
And rip them apart

You look to the ground  
You're filled with doubt  
You hold it inside you  
Instead of letting it out  
And there's nowhere to turn for help  
When you're fighting against yourself  
Conflicted and broken  
You feel like you're someone else

But you still hold on  
You won't let go  
But you still hold on