Thought I knew you
But I was wronged
Waves of Torment
Drowning me, for far too long
Inhibitions speak,
Seems like now, and forever

You don't,
You don't have to break me
I swear next time, I'll let you know
You won't,
You won't get to break me
I swear next time, I'm letting go

Fear and guilt, they've help me down

Conscience breathing deep
Seeing light for the very first time
The tides they turn and push me down
Confrontation speaks, seems like now, not forever
And in my mind, I'm gaining ground

You don't,
You don't have to break me
I swear next time, I'll let you know
You won't,
You won't get to break me
I swear next time,
I'm letting go

This wasted time
My troubled mind
I'll let you know,
One Last Time

This broken hold
My fragile soul
I'm letting go,
For the Last Time

For the Last time