You were riding your bike to the sound of "It's no big deal,"

And you're trying to lift off the ground on those old two wheels.

Nothing about the way that you were treated ever seemed especially alarming 'til now,

So you tie up your hair and you smile like it's no big deal.

You can let it go.

You can throw a party full of everyone you know,

And not invite your family, 'cause they never showed you love.

You don't have to be sorry for leaving and growing up, mmm...

Matilda, you talk of the pain like it's all alright,

But I know that you feel like a piece of you's dead inside.

You showed me a power that is strong enough to bring sun to the darkest days.

It's none of my business, but it's just been on my mind.

You can let it go.

You can throw a party full of everyone you know,

And not invite your family, 'cause they never showed you love.

You don't have to be sorry for leaving and growing up.

You can see the world, following the seasons,

Anywhere you go, you don't need a reason,

'Cause they never showed you love.

You don't have to be sorry for doing it on your own.

You're just in time, make your tea and your toast.

You framed all your posters and dyed your clothes, ooh.

You don't have to go.

You don't have to go home.

Oh, there's a long way to go.

I don't believe that time will change your mind.

In other words

I know they won't hurt you anymore as long as you can let them go.

You can let it go.

You can throw a party full of everyone you know.

You can start a family who will always show you love.

You don't have to be sorry for doing it on your own.

You can let it go.

You can throw a party full of everyone you know.

You can start a family who will always show you love.

You don't have to be sorry, no.