

All my life, been running from a pain in me,
A feeling I don't understand, holding me down.
So rain on me, underwater, all I am,
Getting harder, a heavy weight I carry around.

Today, I don't have to fall apart.
I don't have to let the damage consume me,
My shadow see through me.

'Cause fear in itself will reel you in and spit you out over and over again.
Believe in yourself and you will walk.
Now, fear in itself will use you up and break you down like you were never enough.
Yeah, I used to fall, now I get back up.

I'm up here, I'm looking at the way down there,
And I'm staring through the 'I don't care' and it's staring back at me, yeah
The beauty is, yeah, I'm learning how to face my beast,
Starting now to find some peace, ooh, and set myself free, yeah.

Today, I don't have to fall apart.
I don't have to let the damage consume me,
And my shadow see through me,

'Cause fear in itself will reel you in and spit you out over and over again.
Believe in yourself and you will walk.
And now, fear in itself will use you up and break you down, like you were never enough.
Yeah, I used to fall but now I get back up.

I'm moving on. Oh, God, just move on.

Ah, ah, ah, ah. Ah, ah, ah, ah. Ah, ah, ah, ah ...

Today, I don't have to fall apart and I don't have to be afraid.
Get back up! Get up! Up! Feel it, fear, ooh wow, no, no no!

And now fear, fear in itself can use you up
And then breaks you down like you're never enough.
Yeah, I used to fall!

Breathe. Ask for more. If you're bitter still, ask him to help you carry on.