

Lifehouse, Simon

Catch your breath,
Hit the wall,
Scream out loud,
As you start to crawl
Back in your cage
The only place
Where they will
Leave you alone.
'Cause the weak will
Seek the weaker til they've broken them.
Could you get it back again?
Would it be the same?
Fulfillment to their lack of strength at your expense,
Left you with no defense;
They tore it down.

(Chorus):
And I have felt the same as you,
I've felt the same as you,
I've felt the same.

Locked inside
The only place
Where you feel sheltered,
Where you feel safe.
You lost yourself
In your search to find
Something else to hide behind.

The fearful always preyed upon your confidence.
Did they see the consequence,
when they pushed you around?
The arrogant build kingdoms made of the different ones,
Breaking them 'til they've become just another crown.

(Chorus)

Refuse to feel anything at all,
Refuse to slip,
Refuse to fall.
Can't be weak,
Can't stand still,
You watch your back 'cause no one will.
You don't know why they had to go this far,
Traded your worth for these scars,
For your only company.
And don't believe the lies
That they have told to you. Not one word was true
you're alright, you're alright, you're alright.

(Chorus)