Natalie Browne, Confused

I feel a challenge in my soul today
Questioning things I believed in so firmly yesterday
How can I have faith in myself and what I feel to be true
When the next day I feel my heart and mind telling me something new
I feel the twisting of my soul today
Something is challenging my perceptions
And what I'm going through is hard
And I admit, right now I'm not O.K. So...

Chorus:

Right now, I am confused Right now, I don't exactly know what to choose This day feels so unlike the rest Right now, I am confused

I feel a burden in my spirit today
Feels like everything that I've ever trusted in
Has been washed away
I feel like I'm grappling for the truth
Don't understand decisions that I made while in my youth
[these lyrics found on http://www.completealbumlyrics.com]
In my mind I know I gotta live with what I've chosen
But in my heart I struggle
'Cuz I can't live with a heart that's frozen
Inside my heart and soul just want to fly

Bridge:

All my questions came to late I don't get a chance to reevaluate? Can not bear to live with choices I made Gonna make a change Feel a change in my soul today Gonna let the past fade away Won't be confused no more