

# Superchick, Courage

I told another lie today  
And I got through this day  
No one saw through my games  
I know the right words to say  
Like "I don't feel well"  
&"I ate before I came"

Then someone tells me how good I look  
and for a moment  
For a moment I am happy  
But when I'm alone  
No one hears me cry

I need you to know  
I'm not through the night  
Some days I'm still fighting to walk towards the light  
I need you to know  
That we'll be okay  
Together we can make it through another day

I don't know the first time I felt unbeautiful  
The day I chose not to eat  
What I do know is how I changed my life forever  
I know I should know better  
There are days when I'm okay  
And for a moment  
For a moment I find hope  
But there are days when I'm not okay  
And I need your help  
So I'm letting go

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I need you to know  
That we'll be okay  
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You should know you're not on your own  
These secrets are walls that keep us alone  
I don't know when but what I know now  
Together we'll make it through somehow  
Together we'll make it through somehow

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I need you to know  
That we'll be okay  
Together we can make it through another day