You say I won't forget what you said to me.
I won't forget you left, begging please don't leave.
I want to know
What in the world has happened to you?
It's time to learn to let it all go.

So you're forsaken cast aside and alone Those haunted voices in your head are all ghosts So long ago Their sideways eyes cut through but you know That now it's time to let it all go.

You know that I love you
And I can't stand living without you
But I don't know what now I can do
oh no no
You gotta do something
cuz you can't just keep it inside you
it's killing me and killing you.

Please save yourself
I'd like to help
but you won't let me through
it's time to learn to let it all go.

You know that I love you
And I can't stand living without you
But I don't know what now I can do
oh no no
You gotta do something
cuz you can't just keep it inside you
it's killing me and killing you.