

I know that it's been rough,
It shows in your reflection,
You've fallen out of touch,
Got lost along the way,
I know it's not enough,
But these things they all get better,
And even if its tough,

This is us, you know it on the inside,
This is us, so you should show it on the outside,
This is us, dust the dust up off your shoulders,
Feet on ground, you'll come round,
And be human again.

I know that its been hard,
But even when its hurting,
You're gonna have to start,
To learn to recognize,
That even in the dark,
There's lines between the spaces,
Hiding where you are,

This is us, you know it on the inside,
This is us, so you should show it on the outside,
This is us, dust the dust up off your shoulders,
Feet on ground, you'll come round,
And be human again.