

Fear

Blue October

All my life
Been running from a pain in me
A feeling I don't understand
Holding me down

Rain on me
Underwater
All I am, getting harder
A heavy weight
I carry around.

Today
I don't have to fall apart
I don't have to be afraid
I don't have to let the damage
consume me,
My shadow see through me

Fear in itself
Will reel you in and spit you out
Over and over again
Believe in yourself
And you will walk
Fear in itself
Will use you up and break you down
like you were never enough
I used to fall, now I get back up.

I'm up here
I'm looking at the way down there
I'm staring through the I don't care
It's staring back at me

The beauty is
I'm learning how to face my beast
Starting now to find some peace
Set myself free

Today,
I don't have to fall apart
I don't have to be afraid
I don't have to let the damage
consume me,
My shadow see through me

Fear in itself
Will reel you in
And spit you out over and over again
Believe in yourself
and you will walk
Fear in itself
Will use you up and break you down
like you were never enough
I used to fall but now I get back up

I'm moving on
Oh god just move on

Today,
I don't have to fall apart
I don't have to be afraid....
Get back up
Get up

Fear in itself will use you up
And break you down just like you're
never enough
I used to fall

Breathe,
Ask for more
if you're bitter still
Ask him to help you carry on