

# 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