I wear my heart on my sleeve I'm not afraid Say what I mean Mean what I say Set myself up Let myself down I may be a fool Spread it around And I, just want to let you know Sometimes I, find it so hard not to show So I sigh And I let my feelings show I wear my heart on my sleeve Don't count the cost If I can't live enough Though you tend to get burned You tend to get bruised But it's my life The way that I choose And I, just want to let you know Sometimes I, find it so hard not to show Ooh don't sigh Baby you're not alone I'll wear my heart on my sleeve Wear my heart on my sleeve I wear my heart on my sleeve Wear my heart on my sleeve Ooh and I, just want to let you know Sometimes I, find it so hard not to show Don't you sigh Maybe you're not alone I wear my heart on my sleeve wear my heart on my sleeve