Well I stayed up all night
I've been doing it for years
Sleep is not my friend 'cause dreams just feed my tears
So I laughed my way around
I've been everybody's girl
I drank for forgiveness till I drank up the world

Change
Nobody's here to hold me
Change
And the morning's cold and lonely
But I think I can change my life
Change

There's a light outside my window
Peepin' through the blinds
There's a life out there worth livin'
But there's nothing here to find
Just a book of people's numbers
That are just as scared as me
Dialing for a dimes worth
Of pain and company

Change
Nobody's here to hold me
Change
And the morning's cold and lonely
But I think I can change my life
Change

No matter where I turn
There's no escape I see
I'm just staring in this mirror
And that stranger can't be me
But I think I can change my life
You'll see a change in me

Well I'm sittin' in this room
With my cigarettes and wine
I'm out of all the other stuff
And now I'm running out of time

Change
Nobody's here to hold me
Change
I'm so cold and so lonely
But I think I can change my life
You'll see a change in me