

Even on a day like this when you're crawling on the floor
Reaching for the phone to ring anyone who knows you anymore
It's all right to make mistakes
you're only human
Inside everybody's hiding something

Staring at the same four walls, have you tried to help yourself

The rings around your eyes they don't hide, that you need to get some rest

It's all right to make mistakes
you're only human
Inside everybody's hiding something
Take time to catch your breathe and choose your moment

Don't slide

Even at a time like this when the morning seems so far
Think that pain belongs to you but it's happened to us all

It's all right to make mistakes...

Don't slide

You brought this on yourself
and it's high time you left it there
Lie here and rest your head
and dream of something else instead

Don't slide