I don't know the time of the day
Lately, it all starts to look the same
Took a good look at myself
There was no one else to blame
Love is confusing, I hate the thought that I'm losing

And I can't hold back, 'cause you mean so much to me
I can't hold back, 'cause you give me what I need
I can't hold back, but I don't know where to start
I can't hold back, 'cause I feel it in my heart
I can't hold back, oh, no, no, I said I can't hold back, no no

Somewhere I've lost all my pride Somewhere it's locked up inside Everything went to my head What's been done has been done What's been said has been said My heart is showing, yeah, now Don't know if I'm comin' or goin'

And I can't hold back, 'cause you mean so much to me I can't hold back, 'cause you give me what I need I can't hold back, but I don't know where to start I can't hold back now, 'cause I feel it in my heart I can't hold back, no

Throw me a line, girl, pull me ashore 'Cause I'm sinkin' deeper everyday We've got a love, girl, worth fightin' for Don't let the past get in the way, yeah, yeah And I can't hold back

Ooh, oh no
I can't hold back, 'cause you mean so much to me
I can't hold back, 'cause you give me what I need
I can't hold back, but I don't know where to start
I can't hold back, no, no, I need you in my heart

I can't hold back, 'cause you mean so much to me
I can't hold back, no, no, no, you're everything I need
I can't hold back, 'cause we'll let you all be gone
I can't hold back now, honey, I need you in my heart