Why do you hurt yourself?
You do it very well
You do it so politely
That you couldn't even tell
When everything has changed
You think you're not to blame
How come you keep on talking
When the whole thing feels so strange?...

But seeing is not the same as believing When everything goes wrong You're anything but strong

It's all bittersweet
Outside in the street
The grass is growing greener
Underneath your feet
We come and go
The deep water flows
Tiny leaves from small seeds
To tall trees do grow

But wanting is nor the same thing as needing There's no need to pretend You can't turn back again And loving is so different to keeping The hurting that we send Is so difficult to mend

(Hold on to the good things That keep you from falling down)

How my heart aches
More than I can take
What are we really learning
When we make the same mistakes?
Where is your hope?
It's all gone up in smoke
You used to be so funny
Now is just the same old joke

And laughing is so very close to crying When there's nothing to defend
It gets you in the end
And living is very close to dying
You struggle on and on
To find where you belong
Where do you belong?