

Everything is built from change  
All the things we recreate  
Fallen - lost - forsaken faith  
The unspoken made us frozen  
If we took time to contemplate  
The years has passed and now it's late  
Much too late to compensate  
The loss that made me frozen

Reaching out with dying hope to still be seen  
Longing to belong

We're frozen we're numb  
We're misunderstood when we're hurting  
We're frozen we're numb

If you could dive into my waters  
Where the light's been chased away  
If you could wake inside my hurt  
Where all needed sleep is slayed  
Then your eyes would see what I see  
You can feel what I feel  
And we meet on the surface  
To catch the same air to breathe

We're frozen we're numb  
We're misunderstood when we're hurting  
We're frozen we're numb  
We have left this alone too long to see  
That we are hurting

We're frozen we're numb  
We're misunderstood when we're hurting  
We're frozen we're numb  
We feel overlooked when we're hurting