If I am silent then I am not real
If I speak up then no one will hear
If I wear a mask there's somewhere to hide

Silence is golden
I have been broken
Safe in my own skin
So nobody wins

If I raise my voice Will someone get hurt? And if I can't feel then I won't get touched If no truths are spoken then no lies can hide

Silence is golden
I have been broken
Safe in my own skin
So nobody wins

Did you hear me speak Do you understand Did you hear my voice Will you hold my hand Do you understand me

Won't someone listen
Nobody gets in
My body's a temple
But nothing is simple
Silence is golden
I have been broken
Something was stolen
Safe in my own skin