

# I've Been There

Heather Small

Nobody knows just where I've been, no one but me  
They're on the outside looking in, no one can see  
Stormy days when I was younger  
In many ways they made me stronger

'Cos I've been knocked down and I've been lifted up  
Cried a thousand tears of joy and fear  
I've been there, I've been there, I've been there  
Seen my dreams in flames rise back up again

I have known despair and I've walked on air  
I've been there, I've been there  
I've been there, I've been there

No one can tell me how it feels to be afraid  
All of the ghosts they won't lie still they know my name  
Late at night I hear them calling  
But that's a place I won't be falling

'Cos I've been knocked down and I've been lifted up  
Cried a thousand tears of joy and fear  
I've been there, I've been there, I've been there  
Seen my dreams in flames rise back up again

I have known despair and I've walked on air  
I've been there, I've been there  
I've been there

And I'm telling you what I've been through  
'Cos I'm still standing here, it's the simple truth  
When hope is nowhere to be found it always comes around

'Cos I've been knocked down and I've been lifted up  
Cried a thousand tears of joy and fear  
I've been there, I've been there, I've been there  
I've been locked out and I've walked back in

I have known despair and I've walked on air  
I've been there, I've been there  
I've been there, I've been there

I've been there, I've been hurt, I've been down  
I've been in, I've been out  
I've seen dreams all in flames  
All around, around again I've been there

I've been hurt, I've been down  
I've been in, I've been out  
I've been sad, I've been bad  
I've been there, I've been there, I've been there

You know I've been there  
I've been there, yes, I've been there  
You know I've been there  
Gonna rise, gonna rise, gonna rise  
'Cos I've been there