

If your back is pinned against the wall
And the stress is killing you,
And the cross you carry on your back
Makes it hard for you to move
In yourself believe, it's all right
In yourself believe, you're all right

If you ran away to loose your soul
And you're scared to death you're wrong,
If you're past the point of turning back
And your innocence is gone
In yourself believe, it's all right
In yourself believe, it's all right

If it's something that you can't forget
That somebody did to you
If you've had your fill of being down
Then there's nothing left to prove,
In yourself believe, it's all right
In yourself believe, you're all right