When everything is going wrong
And things are just a little strange
It's been so long now
You've forgotten how to smile.
And overhead the skies are clear
But it still seems to rain on you,
And your only friends all have
Better things to do.

When your down and lost
And you need a helping hand
When your down and lost
Along the way
Oh, just tell yourself
I, I'll be OK

Now things are only getting worse
And you need someone to take the blame
When your lover's gone
There's no-one to share the pain
Your sleeping with the TV on
And your lying in an empty bed
All the alcohol in the world
Could never help me to forget

When your down and lost
And you need a helping hand
When your down and lost
Along the way,
Just try a little harder
Try your best to make it
Through the day,
Oh just tell yourself
I, I'll be OK

You're not alone (you're not alone)
You're not alone (you're not alone)
You're not alone

Just tell yourself
I, I'll be OK
Oh, just tell yourself
I, I'll be OK
Won't you tell yourself

When your down and lost
And you need a helping hand
When your down and lost
Along the way,
Try a little harder
Try your best to make it
Through the day

Oh, just tell yourself I, I'll be OK I, I'll be OK Tister I www.tx.okz