You're backed against a wall Feeling like there's no way out We've all been there before Existence overwhelmed with doubt Through the toughest times and in the darkest days You must recognize there's still hope We all lose our faith When were dealt such low blows Feeling so alone, never ending doubt Through the toughest times and in the darkest days You must recognize there's still hope Face your fears, start today Realize your true potential Face your fears, don't waste your time Because this life just ain't worth wasting Shake it off, turn it around I'll always be here to help you out You were there for me, I'll be there for you Our friendships will see us through We don't have to walk alone