You can say what's on your mind
Let it all play out
There's no reason you should be so down, oh yeah
Throw away a dice
Look and where you are
And leave it all behind
Through your heart, through your soul
Through what you're looking for

Tell me what you feel
What's going on
You don't have to be strong
Even a teacher can be wrong
And they had been wrong
You can learn and now won't fall
You don't have to be strong

You've been fighting for too long
And now the thrill is gone
And the truth is why you're holding on, oh yeah
Throw away your pride
Try to realise that you got to get over
All the lies that you use
Your smile was sure disguise

Tell me what you feel
What's going on
You don't have to be strong
Even a preacher can be wrong
And they had been wrong
You can lean and now won't fall
You don't have to be strong

Tell me what you feel
What's going on
You don't have to be strong
Even a teacher can be wrong
And they had been wrong

Tell me what you feel What's going on You don't have to be strong You don't have to be strong

Through your heart, through your soul Through what you're looking for