

## Say It Out Loud

Nicola Roberts

How many tears can you count on your fingers?  
How many diets can you do to get thinner?  
How many wishes can you make while you're praying?  
How many times have you heard them all saying:

Hush little babe, don't overreact.  
Keep it all in and hold it all back.  
Hush little darling, time to save face.  
Give it some time, go down with some grace?

All across the nation,  
Put your hand up if you're faking.  
Say it out loud,  
Woah.

Cause the only medication,  
For a heart that knows it's breaking.  
Is to get it out now,  
Say it out loud, woah.

When was the last time that you could be honest?  
Do you feel bad now you broken your promise?  
How many times do you say you're gonna leave him?  
You beat yourself up, cause all you keep hearing:

Hush little babe, don't overreact.  
Keep it all in and hold it all back.  
Hush little darling, time to save face.  
Give it some time, go down with some grace.

All across the nation,  
Put your hand up if you're faking.  
Say it out loud,  
Woah.

Cause the only medication,  
For a heart that knows it's breaking.  
Is to get it out now,  
Say it out loud, woah.

Let's take a minute,  
Make it stop, let me off.  
Make the beat drop, strip it all back,  
Till it's pitch black, where the stars fall.

Take a minute,  
Drop me off, back to the start,  
Start of my heart, feel it in my bones,  
I'm feeling right at home, say it out loud.

All across the nation,  
Put your hand up if you're faking.  
Say it out loud,  
Woah.

Cause the only medication,  
For a heart that knows it's breaking.

Is to get it out now,  
Say it out loud, woah.