

Lips move, you speak  
But nothing that you're saying is connecting  
Heartbeat, repeat  
How do I rise if I'm falling down?  
Stop before I go and hit the ground  
I swear it's what I'm gonna do

How do I make myself heal, if I can't let myself in?  
How do I make myself real, when I feel like fading?  
'Cause no matter how I try, deep down I'm paralyzed  
How do I make myself heal, if I can't let myself in?

I fall, you reach, but I'm just slipping through your fingers  
I lie, but you see, without a moment looking for a reason  
Burn to die, to feel more alive

How do I make myself heal, if I can't let myself in?  
How do I make myself real, when I feel like fading?  
'Cause no matter how I try, deep down I'm paralyzed  
How do I make myself heal, if I can't let myself in?

If I heal, can I stay, or I fade away?  
How do I make myself heal? (Yeah)  
How do I make myself real?

No matter how I try, deep down I'm paralyzed  
How do I make myself heal, if I can't let myself in?  
(Oh, oh, oh  
Oh, oh, oh)  
If I can't let myself in  
(Oh, oh, oh  
Oh, oh, oh)  
If I can't let myself in