I can't hold you
Like I want to
Can't hold you to the promises you make
You won't be here tonight
Or any other night
It would be a lie to say I'm not afraid
But to be afraid is something
That I've always been
The difference is this time I'm not giving in

Yes I am alone
Yes I'm on my own
But for the first time in my life
I'm gonna carry on
Yes, I'm gonna ache
But I will not break
Some things I can choose
And baby I refuse
To be lonely
To be lonely

I can't change you
I can't blame you
And this time I'm not even gonna try
You do what you have to do
I'll do the same thing too
You've got a right to say good-bye
But I've got a right to take care of myself
I realize that I come first before anyone else

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Yes, I'm on my own
But for the time in my life
I'm gonna carry on
Yes, I'm gonna ache
But I will not break
Some things I can choose
and baby I refuse
to be lonely

Lonely is a place I used to be But I'm closing that door I won't live there anymore

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Yes, I'm gonna ache
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And baby I refuse
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