Move on if just can't take it,
If only a little while
Cuz there's still time to work things out
Breath in and relax your temper,
Collect all your thoughts and tell me
Before you start to scream and shout

Everyday there's always something wrong
Deep inside you there's another raging storm

And I feel the way you're suffering
But I know the pain will ever end
Though is hard to keep the demons locked away
You'll keep going on, like it or not
And you'll learn to livewith what you've got
And the scars will heal and you know so will your pride

Move on pull yourself together now, Stop to living another lie Your world is battered but not torn You long for another life, another place To hide from your shame and the disgrace But I've been in those shoes you've worn

Rolling with the tide

Breakout and get away from that rusty cage

If you want to be free then it's time for you to disengage

And I feel the way you're suffering
But I know the pain will ever end
Though is hard to keep the demons locked up
They'll always follow you around
Oh, follow you around...
It's just another calling

Scars will heal as will your pride
Oh it won't be long now
Scars will heal as will your pride
Rolling with the tide