

Don't let them break down your sense of identity  
Don't let your life be controlled by the bullshit they  
feed you to make you doubt your ability  
like a well trained puppet-let them indoctrinate  
this self-censoring fear-into your heart and mind

How much longer can you keep on pretending?  
Everything will be fine but life unlike movies don't  
always have a happy ending  
take your chances-sort of like I do  
on those high notes

'cause in the hardest times we find our strength  
in our darkest hour-on our bleeding knees  
and if we fall we must rise again.

I know sometimes it seems as if we're living in a time of  
fading dreams  
when all hope is lost in the process of life  
in our ever failing search for happiness...  
but we know...  
if we fall we must rise again