False hope for what, so we can keep our fingers crossed? Forgive me for being the pessimist, The truth here is a sinking ship We're forced to swim to make it out alive Please bite your tongue save building me up one more time Yeah we followed the lines, For them to break and crumble These promises have left an ache in my shoulders I can barely lift my feet off the ground There comes a time when we all must learn to survive So wash the fear from those eyes I know it does get worse before it gets easier I am the loved, I am the hated The brave and broken, the unforgotten You kick and you scream for the walls to come crashing to the f And then begins the real war Overwhelmed but under appreciated pressure You kick and you scream and can't breathe The pressure makes you sick