

Everything has changed  
For the worst, and I can't seem to shake this evil curse  
It seems to follow me  
It resides with pain and failure  
Deep inside my soul it's cold  
What can I do when all those inner demons start to burn  
And will I start to drag or begin to fall behind

Breathe in, breathe out Survive  
I felt condemned to this and I'm not going back again  
Start to begin  
Breathe in, Breathe out Survive, keep my head above the water  
And get my feet back on the sand  
Because tomorrow might be all I get

All the smiles we waste  
The second time is always said to be much better than the first

So why does it hurt?  
Could it be our smiles are nothing but wrinkles on our face  
It's such a waste

Feelings were meant to be told, stand out with the cold  
And truth stands aside

Breathe in, breathe out Survive  
I felt condemned to this and I'm not going back again  
Start to begin  
Breathe in, Breathe out Survive, keep my head above the water  
And get my feet back on the sand  
Because tomorrow might be all I get

Let down, betrayed for what I gave, I should have left it alone

Just leave, and wipe the burn from my eyes

Let down, betrayed for what I gave, I should have left it alone

Just leave, and wipe the burn from my eyes

Breathe in, breathe out Survive  
I felt condemned to this and  
I'm not going back again, Start to begin  
Breathe in, Breathe out reset  
Because tomorrow might be all I get