

It's unsuspecting; it seems to find us now  
When we least suspect, it tries to pull us down  
Agonizing pain, this loss of life  
Rips through us now, this is our fight

Everything's a painfull reminder  
How could the world do this to me  
And when I reach out to find you  
This world has taken you from me

And if I ever said our time was not well spent  
Those are the times I wish for now, it's my lament  
It is the crown I wear, it is the crown of shame  
Guilt I carry, to the world I place the blame

I've gotta keep pushing and fighting, and moving on  
(when the pain is all I see)  
I've gotta keep moving forward and moving on  
(when the pain is all I need)  
I've gotta keep pushing and fighting, and moving on  
(when the pain is all I see)  
I've gotta keep moving forward and moving on  
(when the pain is all I need)

Everything's a painfull reminder  
How could the world do this to me  
And when I reach out for you  
This world has taken you from me

(I've gotta keep living for you)  
They can't take you from me  
(And as I scream out to you)  
I hope that you hear me

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Those are the times I wish for now, it's my lament  
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(I've gotta keep living for you)  
They can't take you from me  
(And as I scream out to you)  
I hope that you hear me  
(I've gotta keep living for you)  
The pain is all I need  
(And as I scream out to you)  
The pain is all I need  
Hope is all I see