I see it sneaking up without a sound And if I didn't turn around I wouldn't even know it was there The pressure is coming down again From the people who call themselves my friends I can't seem to get them out of my hair I'll do whatever I want to do You know I've got the right to choose The things that take a part in my life I don't need nobody telling me I'll ask you when I need some advice Don't do it No don't hide don't hide away at home Bring the truth that's deep down below Don't ever leave those things that you believe You'll fight the lies Because you're not alone I don't hurt myself internally I'm poison free intentionally A choice I made a long time ago Because doing iy up Friday nights Going out and starting fights These are things I don't need to know So if people start telling you The things they think you should do Get up and take a few steps away Because this is life and you're in it You're the one who's got to live Take your time and choose your own way