I dig my heels into the dirt
'Cause this one's gonna hurt
Won't let the waves wash me away
Is what I always pray
In my heart I know you couldn't see
In the dark or find your way through me
Now I'm alone, my hands are numb
How do I carry on?

At the turn of the tide I feel this part of me die Am I washed on your shore and barely alive?

Now I'm held hostage in my head
With every word you said
God, all those lessons in my past
I spit them out so fast
I see myself with you, I act so small
I see myself with you, I always crawl
So someone leave a raft for me
The water's getting deep

At the turn of the tide I feel this part of me die Am I washed on your shore and barely alive?

Here I am in my insecurity
Here I am in my damaged dignity
Here I am, you're pulling me in too deep
Here I am
Here I am, I'm in the mercy seat
Here I am, running without my feet
Here I am, oh what's come over me?
Here I am

When I was melting in your hand
You didn't understand
You slip through me like grains of sand
You still don't understand
Overboard, I'm thrown out to see
What you are and what I mean to me
But I will always have my dream where you can swim to me

At the turn of the tide
I feel this part of me die
I've been on your shore before
And it was no waste of time
Over my head and in my mind
Am I washed on your shore and barely alive?