

There's so much tension you hold
I call it jaded
But there's a push to unfold
Don't barricade it

Tell me how you feel
Tell me how you feel
Tell me how you feel
Tell me how you feel

We've got emotional ways
We overthink it
I act like this
You act like shhh
Don't complicate it

Tell me how you feel
Tell me how you feel
Tell me how you feel

Tell me you feel what I'm feeling
Let me know I'm not alone
If there's breath in our lungs let's keep breathing
Cause we've still got a ways to go
I've got nothing but love for the dreamers
Nothing but heart for the cold
This one's not for the overachievers
But goes out to the wallflower soul

Tell me how you feel
Tell me how you feel
Tell me how you feel
Tell me how you feel

Don't stop it if it feels right

Tell me you feel what I'm feeling
Let me know I'm not alone
If there's breath in our lungs let's keep breathing
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