Sometimes I get low
Dig myself into the darkness down below
Where I know that I can hide from all my woes
Sometimes the odds seem stacked against me but all I know
Is that I'll take the punches as they roll 'cause
I was raised to let the things you hate the most just fade away
A lesson truly valuable, I know

'Cause I've been down and I've been out
Beaten black and bloody, now
Ain't nothing gonna change
Life's a walk out in the rain
You can break me, stab me in the back
But I'll still leave with my soul intact
And that's never gonna change
Life's a walk out in the rain

Sometimes I get high
With my friends, forget the world just for a while
I just need my girl to keep me whole, sometimes we get by
Catch the sunset down in vista, dry your eyes
Take a bow and say goodbye to
All those times you felt like giving into to something greater than you

All the pain you feel today is gone

'Cause I've been down and I've been out
Beaten black and bloody, now
Ain't nothing gonna change
Life's a walk out in the rain
You can break me, stab me in the back
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And that's never gonna change
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If you've ever felt beaten down
I just wanna hear you say
This one's for all the broken, now
Won't you sing along with me
Don't you know we all fall down
Your shame will bloody up our knees
But in the end we're standing proud
Don't you know you're just like me

I've been down and I've been out
Beaten black and bloody, now
Ain't nothing gonna change
Life's a walk out in the rain
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