I got too much pressure building Sometimes life's so unfulfilling How much can we bend before we break?

Empty endless conversation Overwrought with my frustrations Pull the panic cord Need to escape

If I fall will I feel something more, something real, something real Breaking down, breaking out, from the thoughts from the doubt, oooh

Don't hold your breath gotta let it go Dive deeper in into the unknown If you don't try then you'll never know So take a breath just take a breath And let it all go, go, let it all go Let it go, let it go

The World is lacking in emotion
So caught up in the commotion
Always reaching out for something more
Haunted by the fear of failing
Losing sight of what were craving
Makes me wonder what were waiting for?

If I fall will I feel something more, something real. Something real Breaking down, breaking out, from the thoughts from the doubt, oooh Don't hold your breath gotta let it go
Dive deeper in into the unknown
If you don't try then you'll never know
So take a breath just take a breath
And let it all go, go, let it all go
Let it go, let it go

Leave you troubles in yesterday Don't worry you will be ok Whenever you feel afraid Just let it go

Don't hold your breath gotta let it go Dive deeper in into the unknown If you don't try then you'll never know So take a breath just take a breath And let it all go, go, let it all go Let it go, let it go