

We've reached the point in our lives
Where we think we know better than anyone else about us
We've reached the point in our lives
Where we think we can fight it all by ourselves and still not get hurt
But in truth we are the biggest threat to ourselves
'Cause our recklessness gets the better of us
And we're walking contradictions that will turn the tide against ourselves

'Cause we are the young

We are the young

And we know that we can fall apart

At any given time

We are the young

And when we fall

We stay down for a while

But then we pick up our pieces and put ourselves back together

And our friends may help us

But we feel that they're never there

We make the same mistakes at least fifteen times

And then we say we don't understand why we're lost in our misery

'Cause we are the young
We are the young
And we know that we can fall apart
At any given time
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