

# I Know What It Feels Like

[Ryan Cabrera](#)

So you're back for more  
But your face is on the floor  
And I can't move on  
Try to tell yourself there's nothing wrong  
It's kind of hard to see you like this  
Stuck in a world that doesn't exist  
What can I do to tell you you're not alone  
No you're not alone  
I know what it feels like  
'Cause I've been there, yeah I've been there  
I know what it feels like  
And I remember it's only gonna get better  
And you can't control what you say or where you go  
So it's time to walk away  
Work it out  
There will be so many other days  
You're lying under everyone else  
Not even understanding yourself  
What can I do to tell you you're not alone  
No you're not alone  
I know what it feels like  
'Cause I've been there, yeah I've been there  
I know what it feels like  
And I remember it's only gonna get better  
One more time around  
Don't let it hold you down  
I know what it feels like  
So you're back for more  
But your face is on the floor  
I know what it feels like  
'Cause I've been there, yeah I've been there  
I know what it feels like  
And I remember it's only going to get better  
I know what it feels like  
'Cause I've been there, yeah I've been there  
'Cause I know what it feels like  
And I remember it's only going to get better  
It's only going to get better  
Yeah it's only going to get better

Songwriters

CABRERA, RYAN/FRASCA, CURT/BREER, SABELLE  
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