

# Courage

## Superchick

I told another lie today  
And I got through this day  
No one saw through my games  
I know the right words to say  
Like "I don't feel well"  
"I ate before I came" Then someone tells me how good I look  
and for a moment  
For a moment I am happy  
But when I'm alone  
No one hears me cry I need you to know  
I'm up through the night  
Some days I'm still fighting to walk towards the light  
I need you to know  
That we'll be okay  
Together we can make it through another day I don't know the first time I felt unbeautiful  
The day I chose not to eat  
What I do know is how I changed my life forever  
I know I should know better  
There are days when I'm okay  
And for a moment  
For a moment I find hope  
But there are days when I'm not okay  
And I need your help  
So I'm letting go I need you to know  
I'm not through the night  
Some days I'm still fighting to walk towards the light  
I need you to know  
That we'll be okay  
Together we can make it through another day You should know you're not on your own  
These secrets are walls that keep us alone  
I don't know when but I know now  
Together we'll make it through somehow  
Together we'll make it through somehow I need you to know  
I'm not through the night  
Some days I'm still fighting to walk towards the light  
I need you to know  
That we'll be okay  
Together we can make it through another day

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