I've Been There

Heather Small

Nobody knows just where I've been, no one but me
They're on the outside looking in, no one can see
Stormy days when I was younger
In many ways they made me stronger'Cos I've been knocked down and I've been lifted up
Cried a thousand tears of joy and fear
I've been there, I've been there, I've been there
Seen my dreams in flames rise back up againI have known despair and I've walked on air
I've been there, I've been there
I've been there, I've been thereNo one can tell me how it feels to be afraid
All of the ghosts they won't lie still they know my name
Late at night I hear them calling
But that's a place I won't be falling'Cos I've been knocked down and I've been lifted up
Cried a thousand tears of joy and fear
I've been there, I've been there, I've been there
Seen my dreams in flames rise back up againI have known despair and I've walked on air
I've been there, I've been there
I've been thereAnd I'm telling you what I've been through
'Cos I'm still standing here, it's the simple truth
When hope is nowhere to be found it always comes around'Cos I've been knocked down and I've been lifted up
Cried a thousand tears of joy and fear
I've been there, I've been there, I've been there
I've been locked out and I've walked back inI have known despair and I've walked on air
I've been there, I've been there
I've been there, I've been thereI've been there, I've been hurt, I've been down
I've been in, I've been out
I've seen dreams all in flames
All around, around again I've been thereI've been hurt, I've been down
I've been in, I've been out
I've been sad, I've been bad
I've been there, I've been there, I've been thereYou know I've been there
I've been there, yes, I've been there
You know I've been there
Gonna rise, gonna rise, gonna rise
'Cos I've been there

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