

# Write This Down

## Down for the Count

Write this down, remember every word  
You're not the things they told you way back then  
You're so much more than ideas in your head  
So bury them and keep them so they can return when you're alone  
And so that you can fight them in the end  
Boy you know I'm sick and tired of healing all your pain  
It's time for you to know the truth and cast your cares away  
Write this down, remember every word  
You're not the things they told you way back then  
You're so much more than ideas in your head  
So bury them and keep them so they can return when you're alone  
And so that you can fight them in the end, ooh  
Boy you know I'm sick and tired of healing all your pain  
It's time for you to know the truth and cast your cares away  
And I'm so sorry  
It took too long to let you know that it's alright and it's okay  
'Cause they mean nothin' anyway  
Well someone say that you're so alone  
Well loneliness is all we get  
So get used to it  
Boy you know I'm sick and tired of healing all your pain  
It's time for you to know the truth and cast your cares away  
And I'm so sorry  
It took too long to let you know that it's alright and it's okay  
'Cause they mean nothin' anyway

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