There're some times in life when you fall down

生活中总会遇到低谷

And you feel like you don't have the strength to back up

而你觉得你已经没有力气坚持下去了

So... Sort of put a mask on your face when you come to school and...

所以当你去学校的时候你也许会带上面具

Pretend that everything's okay when it's not and you go home and...

假装一切都好而事实上并不尽然，你回到家后

Lay in your bed when no one's looking at you

默默地倒在床上而没有人在意你

You don't have to impress anybody

你不必取悦任何人

And you're yourself

你就是你

And fear comes in

然后恐惧来袭

You know the fear that you have as soon as you walk into the doors of your house

你知道你每每走到家门口时的恐惧

Maybe there's a broken home

可能是因为你的家支离破碎

Maybe you have doubt in your life

可能是因为你怀疑你的生活

Maybe you don't know for sure what's gonna be happening in the future and...

可能是因为你不知道未来将要发生什么

It scares you

你害怕

Maybe about.... You... Maybe you worried about what people think of you

可能...可能是你担心人们会怎样看你

What people sayin' about you

怎样议论你吧

Does that fear paralyses you and I just wanted to ask you today

我今天只想问你，你已经被恐惧麻痹了吗？

Do you think you have hope?

你难道觉得你没有希望了吗？

I'm not here today to tell you I understand you pain

我不是来告诉你我理解你的痛苦的

I don't know how it feels to be abused

我并不知道被谩骂是什么感觉

I don't know how it feels to feel quote fat and you get an eating disorder

我并不知道因为肥胖而导致了饮食失调是什么感觉

I don't know how it feels to have a broken home

我不知道有一个支离破碎的家庭是什么感觉

But I know how it feels to have a broken heart and I know how it feels to be alone

但我知道心碎的感觉，我知道孤单的感觉

And I just want you to know that it's not the end...

而且我想告诉你痛苦并不会结束...

You change yourself

于是你改变你自己

You come to school

你去学校的时候

And everybody swore around me in high school

你说在学校每个人都围着我咒骂

So I started swearing... Why!?

所以我也开始了咒骂...为什么！？

Because it's the cool thing to do

因为那确实是一件很酷的事情

Everybody swears

每个人都咒骂

So I don't want to be left out

我不想被别人忽略

And I wanted to be accepted

我想被其他人接受

So I started swearing

所以我开始了咒骂

You go to a party

你去参加派对的时候

Everybody's drinking

每个人都喝酒

So you drink... Why!?

所以你也喝酒...为什么！？

Why everybody around me's doing the big deal!

你说为什么我周围的每个人都在做着了不起的事！

And you start losing yourself

然后你开始迷失自我

You start putting your security in temporary things

你开始在一些转瞬即逝的事物上寻求安全感

You start putting your happiness in things that won't last

你开始在一些转瞬即逝的事物上寻求幸福

You can get drunk all you like

你可以任由自己喝醉

But in the morning you're gonna be sober with a headache with the same problems

但是明天早上当你伴着头痛醒来时，相同的问题依然存在

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