No, I can't say
I know how you're feeling
Or what you're going through

But I can tell
Lately you've been hurting
And that's not you

There are times that we feel like running
Tell ourselves that we're good for nothing
But you know that's not true

You could choose to stay
You could choose to see

be-yond this mo-ment and hope
for a bet-ter day
I know that life
Choose to Stay

gets hard no mat-ter who you are  If you hold on some-thing bet-ter's on the way

You could choose to stay

You think that life

would just go on with-out you  Like noth-ing changed

But you're a part of a big-ger pic-ture  It would-n't be the same

All the plans that we made to-ge-ther would dis-a-pear and be gone for-e-ver

If you went a-way  You could choose to stay