

The One Who Listens

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Lyrics by Colleen Messina

Music by Colleen Messina & Roderick Hill

VERSE:

If I'm not the voice inside my head
That speaks to me with non-stop dread
From when I wake til midnight falls
Then who am I after all?

CHORUS:

I'm the One who Listens
I'm the One who Listens

VERSE:

If I'm not the voice I think is me
That dictates how I ought to be
How I, could have done things differently
Then who am I really?

CHORUS

VERSE:

If I'm not the voice inside my head
That tells me "I'm so cool!" And "I'm the best!"
That "I am great at what I do"
And "I can make all my dreams come true"

CHORUS

BRIDGE:

It's the same thoughts every day, from pleasure to fear
They cover the gamut, from to proud to insecure
It's the same voice that tears me down - it lifts up again
Who am I, if not this voice, that speaks inside my head?

CHORUS

VERSE:

If I'm not the voice inside my head
Then I have a choice when all is said
I can get lost in what it has to say
Or I can thank it for sharing and be on my way

CHORUS

CHORUS