Talk It Out
Words and music by Glyn Lehmann

Intro
Talk it out, let it out
Don’t get stuck on a roundabout
It’s never too late, don’t hesitate
Let somebody help you lift that weight

Verse 1
If something is making you feel small
Weighing you down, taking its toll
Feeling heavy like you could sink
Taking over every little thought you think

Verse 2
If something is making you feel sad
Like the worst day you’ve ever had
Can’t see an end in sight
All you wanna do is give up the fight

Bridge
You’ve got to know there’s always someone
You can tell your troubles to
Cos we’ve all been there before
And thought there’s nothing we could do
And there’s one thing that we want to say right now
Yes there’s something that we need to say right now

Chorus
Talk it out (talk it out)
Let it out (let it out)
(So you) don’t get stuck on a roundabout
It’s never too late, don’t hesitate
Let somebody help you lift that weight

Repeat: Chorus
Verse 2
Bridge
Chorus x2

Coda
We can lift that weight, lift that weight x4

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