I’ve been hurt, I’ve been trod on

I’ve been shown the door

I’ve been burnt, I’ve been battered

I’ve been washed ashore

But I’m still here

I’ve been robbed, I’ve been ransomed

I’ve been ripped and torn

I’ve been used, I’ve been tortured

I’ve been shot at dawn

But I’m still here

And then you come around

With a fist and a frown

But I won’t hit the ground

Try as you may you’ll never knock me down

I’ve been scarred, I’ve been lied to

I’ve been bound and tied

I’ve been cursed, I’ve been wounded

I’ve been crucified

But I’m still here

I’ve been gagged, I’ve been shackled

I’ve been left to rot

I’ve been scorned, I’ve been libelled

I’ve been tied in knots

But I’m still here

And then you come around

With a fist and a frown

But I won’t hit the ground

Try as you may you’ll never knock me down

If I can survive and stay alive

Through the pain and hate that I’ve seen to date

I can rise above anything from you

I’ve been hung, I’ve been quartered

I’ve been cut and bled

I’ve been marked, I’ve been hunted

I’ve been left for dead

And then you come around

With a fist and a frown

But I won’t hit the ground

Try as you may you’ll never knock me down

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