

## Susan Ashton

### "Suffer in Silence"

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Heart in a bottle, high on a shelf, fragile but just out of reach

'Cause you build a fortress with the distance you keep  
But when your heart aches, doesn't it cut deep?

Chorus:

Well, you don't have to suffer, suffer in silence  
You don't have to suffer, suffer in silence  
Don't you know that your heart can feel like an anchor  
When you keep it all inside  
No don't, don't suffer in silence.

Withered with sadness, hurting inside  
But feeling afraid to impose  
So you're an island, but you don't have to be  
'Cause if you're inclined you can talk to me.

But, you don't have to suffer, suffer in silence  
You don't have to suffer, suffer in silence  
Oh, I know that the pain can seem like an ocean but I'm  
just a word away  
No don't, don't suffer in silence.

I'll be your shelter, I'll be your retreat  
I'll be your shield against the wind  
So, if you need a shoulder for the tears that you keep  
Let it come down, let it rain on me.

'Cause, you don't have to suffer, suffer in silence  
You should never have to suffer, suffer in silence  
Oh, I will hear when you're calling like a voice above the storm  
No don't, don't suffer in silence.

Chorus:

Well, you don't have to suffer, suffer in silence  
You don't have to suffer, suffer in silence  
Don't you know that your heart can feel like an anchor  
When you keep it all inside  
No don't, don't suffer in silence...

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