You Could Be the One © 2026 Jhana Matthews

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Lyrics by Jhana Matthews

Written on May 6, 2026

Genre of Music: Upbeat, Girl Group and Harmony

Song via Suno

You Could Be the One



[Intro]
I was too young
To understand what love was

[Intro Guitar Solo]

[Verse 1]
I was fifteen when I had my first boyfriend
It only lasted two months
He swept me off my feet with his big blue eyes
Said he loved me
What a surprise

He told me he was the one
I thought that love was real
But it slowly turned into something
That started to hurt

[Pre-Chorus]
After that, nothing felt right
Doubts were always on my mind
But I stayed anyway
Even though I knew inside
My heart was breaking

[Chorus]
I said I was done with fake love
Then you came and changed my heart
Now everything feels different
You’re always there
Even when I am falling apart

I don’t know how to trust this

After all I’ve been through
I don’t want to run
‘Cause you could be the one

[Guitar Solo]

‘Cause you could be the one

[Guitar Solo]

‘Cause you could be the one

[Guitar Solo]

[Verse 2]
At nineteen, I thought I found love
But all I found was lust and lies
I gave more of myself away
Just to feel like I was enough

I didn’t know my worth back then
I just wanted someone to stay
I thought if I gave everything
They wouldn’t walk away

[Pre-Chorus]
After that, nothing felt right

Doubts were always on my mind
But I stayed anyway
Even though I knew inside
My heart was breaking

[Chorus]
I said I was done with fake love
Then you came and changed my heart
Now everything feels different
You're always there
Even when I am falling apart

I don't know how to trust this
After all I've been through
I don't want to run
'Cause you could be the one

[Guitar Solo]

'Cause you could be the one

[Guitar Solo]

'Cause you could be the one

[Guitar Solo]

[Verse 3]
We met online when I was twenty-seven
I wasn’t even looking for love
When we finally met in person
It felt like something real had begun
You don’t make it easy
Sometimes you hurt me too
There are moments I felt like
I was second to you

But you don’t walk away
Like the others used to do
Even when things get hard
You stay and see it through

[Drums only with audience claps Pre-Chorus and Chorus]

[Pre-Chorus]
After that, nothing felt right
Doubts were always on my mind
But I stayed anyway
Even though I knew inside
My heart was breaking

[Chorus]
I said I was done with fake love
Then you came and changed my heart

Now everything feels different
You're always there
Even when I am falling apart

I don't know how to trust this
After all I've been through
I don't want to run
'Cause you could be the one

[Guitar Solo]

'Cause you could be the one

[Guitar Solo]

'Cause you could be the one

[Guitar Solo]

[Bridge]
I thought I knew what love was
But I was wrong all along
I didn't understand it
Until you came along

I'm still scared of losing you
I'm still scared of getting hurt

But I’m standing here
Trying to make this work

I don’t know if this is love
Or something I’m afraid to lose
But no matter what I feel
I’m still choosing you

[Drums only with audience claps to final chorus]

[Final Pre-Chorus]
After that, nothing felt right
Doubts were always on my mind
But I stayed anyway
Even though I knew inside
My heart was breaking

[Final Chorus]
I said I was done with fake love
Then you came and changed my heart
Now everything feels different
You’re always there
Even when I am falling apart

I don’t know how to trust this
After all I’ve been through
I don’t want to run

‘Cause you could be the one

[Guitar Solo]

‘Cause you could be the one

[Guitar Solo]

‘Cause you could be the one

[Guitar Solo]

[Outro]
I was too young
To understand what love was

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