Road block, shutdown again
Danger of a losin' my best friend
You know I've got a good side, just never shows
Waiting such a long time, goodness knows

[Chorus:]
Trouble and pain, yea
That's all I am is
Trouble and pain, yea, yea

Clock stopped a week ago
Caught me at a party with Ms. So-N-So
We were only talkin'
That's all that I'm sayin'
Like a lyin' politician, there's more to that game

[Chorus]

When I think I'm doin' right, it never seems to be enough Tell me my intention of you and us Why can't I act like someone you can trust?

Flash back three years ago
When I said, "I promise."
How are you suppose to know?
Anything I did was going to make you ashamed
Your best friend tried to tell you I was wild and unchained

[Chorus]

That's all I am is
Trouble and pain
Trouble and pain, yea
That's all I have