I'm up each day At the crack of dawn Primed for the first inspection He's runnin the home and the family Like a military installation (This can't be right) (I feel so helpless) I can't do this and I can't do that I dare not make a move Without his orders No matter how well I do what I do It's never good enough, (not for him) [Chorus] Helpless, I feel so helpless Helpless, (I) don't like to be so helpless I don't wish to feel in my own home Some kind of prisoner There must be a way to put a stop To his violent behavior [Repeat Chorus] Somehow somethings' changed around the house It suddenly seems so calm Now what are we supposed to do With all of this new found freedom [Repeat Chorus]