Agonizing over every word I want to say
Controlled by fears and consequences of feelings I betray
flinch because I wonder when
elbowed in the head again
minding my own business on the couch
and I'm ashamed that all I ever have to say is ouch

Forgetful, regretful, I'm feeling your head full of doubts
"why do you like me?"
but I like to complain my low threshold for pain doesn't help
darling get off my knee
flinch because I wonder when
poked me in the eye again
minding my own business on the couch
and I'm ashamed that all I ever have to say is ouch

Well it doesn't bother me quite as much as you think
I'm just extra sensitive after my second drink
and there's nothing I can do because I'm constantly annoyed
these heavy conversations, abrasions I avoid
flinch because I wonder when
kicked me in the shin again
minding my own business on the couch
and I'm ashamed that all I ever have to say is ouch