I saw her today, I saw her face
It was a face I loved
And I knew, I had to run away
And get down on my knees and pray
That they'd go away
And still they begin
Needles and pins
Because of all my pride
The tears I'm gonna hide

Oh, thought I was smart
I'd won a heart
Didn't think I do
But now you see
She's worse to him and me
Let her go ahead
take this love instead
And one day she will see
Just how to say "please"
Get down on her knees
Ayeah, that's how they begin
She'll feel those needles and pins
Hurtin' her, hurtin' her

Why can't I stop and tell myself
I'm wrong, I'm wrong, so wrong
Why can't I stand up, and tell myself I'm strong
Because I saw her today ...