Well I woke up this mornin'
And I was feelin' fine
But with my first cup of coffee
Came the last thing on my mind
It hung around uninvited
The whole day through
It didn't care that I'd been trying
To keep from missing you

That's the thing about a memory
It's got a mind of its own
It can take an old flame
And chill you to the bone
Just when you think it's long gone
It'll roll back around
But that's the thing about a memory
When it comes to misery
It'll never let you down

I already know that it's not welcome
It's just a fair weather friend
Who wants to be reminded
Of things that might've been
It don't matter if I'm drivin'
Or walkin' down the street
It's never far behind
It does it every time
It knocks me off my feet

That's the thing about a memory
It's got a mind of its own
It can take an old flame
And chill you to the bone
Just when you think it's long gone
It'll roll back around
That's the thing about a memory
When it comes to misery
It'll never let you down

Yeah that's the thing about a memory When it comes to misery It'll never let you down