Check in, check in on your emotion.

Are you an angry one, or a feather?

Will you sink today, or let it float away?

It's your decision.

Oh, oh, no.

Back off, back off, I'm discontented.

I don't want to talk about it.

I can't put my finger on it.

It's the strangest thing, when you've tried most everything, yet something's always missing.

Oh, oh, no.

Leave me alone, I'm going inwards.
I've got work to do disarming land mines.
If I hold it in, I'll just blow up again.
My trigger finger's itching.
Oh, oh, no.

Check in, check in on your emotion.

Are you an angry one, or a feather?

Will you sink today, or let it float away?

It's your decision.

Oh, oh, no.