It's a sore subject
That I'd rather not address
How did I get here
Into such an ugly mess?

Got myself carried away Despite all common sense How could I be so dense?

I got hurt, oh yeah
And it didn't feel good
I got hurt, oh, my Lord
And I got hurt good

It's a good day when
I know there's not a chance
For anyone or anything
To mess with my stance

Let the time pass away I need for it to pass If you need me, don't ask

I got hurt, oh yeah
And it didn't feel good
I got hurt, oh my Lord
And I got hurt good

And I'm never going back
That scene has gone to black
There's no way to make me see
What I was, will never be

It's a sore subject
But it has to be addressed
All of the destruction
Well, it needs to be assessed

Let myself get away Although the odds were bad How did I get so sad?

I got hurt, oh yeah
And it didn't feel good
I got hurt, oh my Lord
And I got hurt good