

Those coals you held onto to get close enough to pour on me  
They burned you too  
So ill-equipped with the knowledge of how to say what's wrong  
And if we've had enough  
I've had enough  
I've had enough

Such silly hemorrhaging in arguing  
Hear you speak but not listen  
I fawn and freeze in perfect rhythm  
Enough looping the stories we were given

Who am I speaking to now?  
Are our 9-year-old versions here with us  
To show us how  
Our wounds show up to be felt again  
Our loops repeat until we've had enough  
I've had enough  
I've had enough

I'm sorry for the ways I hurt you  
Whether or not I meant to  
I see the way that I was then  
Ego living in fear of the lack

Me? I've changed a lot since we last spoke  
It would be unfair to assume you haven't changed at all  
Still, I'd smile and wish you luck  
My heart is soft and strong, and now I'm careful with my love

Those coals you held onto to get close enough to pour on me  
They burned you too  
Those words I heard you were spreading round  
I know the truth and it's over now  
I've had enough  
I've had enough