I've been sitting here, thinking About when I started in drinking I went on to dope It surely did change my life

I cried a tear in a beer for me
I lost everything near and dear to me
Mainly my children and my wife

My idea of having a good time Was sitting with my head Between my knees

I knew everything there was to know Everything except which way to go I cried, oh, God, take me Will you, please

Many a time
I swore up and down
I didn't need any of this junk
That was going round

I can quit
Let me finish what I got
After all, this stuff
Sure costs a lot
Then I'll get my feet
Back on the ground

I can't tell nobody How to live their life Even though inside We're all the same

All those things are toys I was playing with You know we're all losers In that game

Now since I've been straight
I haven't been in my cups
I'm not shooting downs
I'm not using ups

You know I'm still
As crazy as a loon
Even though I don't run out
And cop a spoon
But thank the good lord
God, I had enough

Now, I got a friend His name is Richard Grands He says you don't need To be stoned to grow a friend Believe me You're all beautiful people Just the way you are Tell me, what has that Stuff done for you so far, yeah

I've been sitting here thinking Been winking, I been blinking I don't have to sit around No more and nod

I can do anything
That I wanna do
I do it straight
I do it so much better too
And it's, it's gotta start
Right in your own backyard

I said it's gotta start Right in your own backyard You know everybody has Their own beautiful backyard

You might have oil wells
In your own back yard
Yeah, your own backyard...