

Bruises

Ethel Cain

You spent your whole life trying to be tough
Cause your parents married pain to love
But you go all white at the sight of blood
And Jesus knows that you've seen enough

Something happened back when you were young
It kills you but you won't tell me what it was
Sleeping on the floor in your grandma's room
Too tired to cry, too weak to even move

You're so scared you'll make the mistakes you
Had to watch your daddy make that
Took your mama and everything away
But it's not your fault and I don't need help
Cause these bruises on my body, I gave to myself
You're allowed to take care of yourself

25 and you're still crying in your sleep
Scared the world is out to get you
And you've tried every bottle but you're in too deep
Cause you don't know any better, how could you?
And the fear is there when we're in your bed
And I start to cry and you think it's something you did
But baby I'm alright
I'm alright

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Last night I dreamed that you had gone away
Woke up in tears and stayed in bed all day
And I'm terrified that I'll lose everyone I have
That I'll watch them leave and wait but they won't come back

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