

## 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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