Well they rushed and they pushed me
And they bashed me and the bushed
And they threw me out back on the garbage pile
They shoved me and they roved me
And they diluted me and they polluted me
And it looks like this might go on for awhile

But I'm okay, I'm alright
I'm bound to be in ship-shape by tonight
I'm okay, I'm okay
Though I'd have to say I've seen some better days

Well they polled me and they sold me
And they offended me and they born-agained me
And they waived their arms and about half grown
And they slapped my friends and their clean air in
And they pushed our mother around the bend
And they stuck my freedom in a 1st amendment zone

But I'm okay, I'm alright
I'm red, black and brown and yellow and white
I'm alright, I'm okay
Though I'd have to say I've seen some better days

Well they stole the lights and they started fights
And they pissed all over the Bill of Rights
And they told us we had better not make a sound
And they pulled a cue and pushed it through
And they told big fat lies to me and you
But I a'int gonna let the bastards get me down

I'm alright, I'm alright
Least I will be when might no longer makes right
I'm alright, I'm okay
And I'm bound determined to see some better days
Yeah I'm bound determined to see some better days