How do we do this
I say bye, you say bye
We're out of each other's lives like that
Is that how we do this?
Or is it a process?
We hook up, we relapse
Try to take each other back until
We say we can't do this

We're used to fallin' in
We're no good at fallin' out
What's the protocol
On how to let each other down?
Without too many cuts and bruises
Baby, how do we do this?
When it's easier to stay than walk away
Is there any way to say it wasn't all a waste?
When we fought so hard to not lose it
How do we do this?

And what do we tell them?
'Cause you know that they'll ask
And it's not as simple as
You did this or I did that
It just wasn't meant to last
Even if we thought it was
For a year and a half

We're used to fallin' in
We're no good at fallin' out
What's the protocol
On how to let each other down?
Without too many cuts and bruises
Baby, how do we do this?
When it's easier to stay than walk away
Is there any way to say it wasn't all a waste?
When we fought so hard to not lose it
How do we do this?

How do I act when I see you out? How do we change everything we do now? How do we separate our lives When we are each other's lives? Ooh-ooh-ooh

We're used to fallin' in
We're no good at fallin' out
What's the protocol
On how to let each other down?
Without too many cuts and bruises
Baby, how do we do this?
When it's easier to stay than walk away
Is there any way to say it wasn't all a waste?
When we fought so hard to not lose it
How do we do this?

How do we do this?

How do we do this?