Tryna find a way to explain this Why you can't touch me tonight? I can feel you're getting impatient But I really can't let you inside Bad, how deep the pain is Or you just couldn't believe And yes I'm good on the surface But I'm a mess, I'm a mess underneath See winter took most of my heart And Spring punched right in the stomach Summer came looking for blood And by autumn, I was left with nothing It took a whole damn year to repair my body It took a whole damn year It took a whole damn year to repair my body It's been about five years Gon' take a long long year for me to trust somebody Gon' take long long year Gon' take a long long year for me to touch somebody It's been a bad five years Not tryna do this on purpose Boy I really wish I could Don't act like you never heard this I know you haven't misunderstood Where the others just wouldn't respect me Don't tell me you use well I thought we were heading for Heaven But you're about to take me back to Hell See winter took most of my heart And Spring punched right in the stomach Summer came looking for blood And by autumn, I was left with nothing It took a whole damn year to repair my body It took a whole damn year It took a whole damn year to repair my body It's been about five years Gon' take a long long year for me to trust somebody Gon' take long long year Gon' take a long long year for me to touch somebody It's been a bad five years It took a whole damn year to repair my body It took a whole damn year It took a whole damn year to repair my body It's been about five years Gon' take a long long year for me to trust somebody Gon' take long long year Gon' take a long long year for me to touch somebody It's been a bad five years Bad to the liver, bad to the bones Bad to the liver, bad to the bones

Bad to the liver, bad to the bones