First I make it complicated
Then I disappear when it gets hard
Do my best to suffocate it
Trying to make it stop before it starts

I got reasons
Acting like I got no feelings

I keep on making excuses
I can't hold on to the good things oooh
Hate to do this
But the truth is
My heart's got bruises

Never meant to hurt no one
I'm not the one, don't take it personal
To everyone I used to know
I think you should know it wasn't intentional

I got reasons
My feelings change like the seasons

I keep on making excuses
I can't hold on to the good things oooh
Hate to do this
But the truth is
My heart's got bruises
Can't trust nobody, it's stupid oooh
Hate to do this
But the truth is
My heart's got bruises

Sometimes I wanna cry
Some nights I really love myself
Sometimes I'm doing fine
Some tell me I can go to hell

I keep on making excuses
I can't hold on to the good things no no no
Hate to do this
But the truth is
My heart's got bruises
Can't trust nobody, it's stupid oooh
Hate to do this
But the truth is
My heart's got bruises