Like the winds, blowing Changes, fast and growing I knew better then I knew better then

Words that hurt the ones you lovin'
Hatred for who you're becomin'
I knew better then yes
I knew better then

To trust myself
To trust someone else
To trust the lies that slip from my mouth
Trust the heart I'm so quick to sell

Yes I knew better then I knew better then To trust love again

Memories who won't stop stinging Promises I could't believe in I knew better then I knew better then

To trust myself
To trust someone else
To trust the doubt in the back of my mind
Trust the trail of pain left behind
Yes, I knew better then
I knew better then to trust love again

And I'm so quick to lose
What was never mine to keep
And I cannot stand (oh) what's broken under me
I don't know how to forgive
Myself for everything that I missed
Learn trust

Like the winds, blowing Changes, fast and growing I knew better then I knew better then