do you and I have time to spare to wonder why and is it fair who is it that makes me frown I'm inside out and upside down

I say we can
I say we can, but we might not be
a better man, a better me

what was it you used to say better shut your mouth and look away I've been thinking about yesterday I'm still thinking about yesterday

inside
it creeps and bites
my thoughts and head
my patience dead
and low
it grows and holds me
loves to hate me
so irate I...

I say we can
I say we can - but we might not be
a better man, a better me