

Called you on the phone today, just to ask you how you were.
All I did was speak normally, somehow I still struck a nerve.
You got me fucked up in the head, boy. Never doubted myself so much.
Like, am I pretty? Am I fun, boy?
I hate that I give you power over that kind of stuff.

'Cause it's always one step forward and three steps back.
I'm the love of your life until I make you mad.
It's always one step forward and three steps back.
Do you love me, want me, hate me? Boy, I don't understand.
No, I don't understand.

And maybe in some masochistic way
I kinda find it all exciting.
Like, which lover will I get today?
Will you walk me to the door or send me home cryin'?

It's one step forward and three steps back.
I'm the love of your life until I make you mad.
It's always one step forward and three steps back.
Do you love me, want me, hate me? Boy, I don't understand.

No, it's back and forth, did I say something wrong?
It's back and forth, goin' over everything I said.
It's back and forth, did I do something wrong?
It's back and forth, maybe this is all your fault.

Instead it's one step forward and three steps back.
And I'd leave you, but the roller coaster is all I've ever had.
Yeah, it's one step forward and three steps back.
Do you love me, want me, hate me? Boy, I don't understand.
No, I don't understand.