Dag Nasty, I've Heard

I heard this I heard that what do I believe? it's hard to give it's hard to get and once you've lost it it's always gone I know I shouldn't accept one person's word as truth without at least giving you the benefit of the doubt I get so mixed up by the things you say and the way you act too many times this has happened before I always thought the wrong thing I never gave you a second chance now it's happening all over again