Ayumi Hamasaki, No way to say (english)

Scars left behind from the distant past cause me pain again.
I hid my shaking heart and replaced it with a smile.
No matter how many times it happens,
I am still a coward.
I think of nothing but showing my strength.
Although the feelings I want to express flow out,
i can't easily put them into words.
If I hadn't met you,
then i wouldn't know even this kind of irritating pain.
Little by little I started to notice it.
How much have these unhealed years in my history been?
How much will the inevitable future be?
While there is no way around having nightmares,
how much courage can i have afterwards?
While tightening my heart,
I can probably say that only the serious matters are important.
Though these thoughts feel right,
I can never put them into words.
Nobody can express these words this way.
While cradling these thoughts in my arms, I'm also alive today
Although the feelings i want to express flow out,
I can't easily put them into words.
Without meeting you and knowing this kind of irritating pain.
Though these thoughts feel right,
I can never put them into words.
Nobody can express these words this way.
While cradling these thoughts in my arms, I'm also alive today.