“Volunteer” is a bittersweet and ironic song about repeatedly volunteering for romantic pain.

After a series of failed relationships marked by lies, betrayal and being used, the narrator has become convinced that this is simply what relationships are like.

Instead of expecting things to be different, they accept the pain as part of the deal — and keep applying for another “failing career” as a volunteer.

The song explores the strange contradiction of knowing better, expecting the worst, and still wanting love.