

# matchbox twenty, Stop

Yes it's true that I believe  
I'm weaker than I used to be  
I wear my heart out on my sleeve  
and I forget the rest of me

Yes there's times I've been afraid  
and there's no harm in that I pray  
cuz I'm more frightened everyday  
someone will take the hope I have away

Chorus  
But you gotta give it up  
to get off sometimes  
you gotta give it up  
to get off sometimes  
you gotta give it up  
to get get off sometimes I know

All the times I've given in  
you fit me like a second skin  
and one by one I will begin  
to wear you on the days I'm feeling thin

(Chorus)

You'd better stop, stop, stop  
using me up  
you'd better stop  
cuz I've had enough  
and I'm ready to forget the reasons  
that keep me here

Oooooo walk  
In the rain  
You will even if you're never gonna change  
Good God, need a little love while  
You find what you think you're gonna be, child