

Spill Canvas, To Live Without It

And there I was,
all misty eyed,
just lickin' it up.
What became of your
self-inflicted wounds?
And the blood just
started runnin' and
runnin' right from
your nose,
but you just let it
flow because the color
is so beautiful.

Denial feels so good,
we don't have a problem
at all.
Oh, denial feels so good,
I'll even help you put
up your wall.
And I'll applaud you
as you fall.

Whoa, off and on
off and on
we need to break this spell
that we cast upon
ourselves.
Whoa, off and on
off and on
I need to quit.
I don't think I have the
strength to live
without it.

And there I was,
all cloudy eyed,
I was trying to speak.
My family stood before me.
And then the tears
started runnin' and runnin'
right from their eyes.

Don't you think I would
have stopped if I could
scream between the cries?

Denial feels so good,
we don't have a problem
at all.
Whoa, denial feels so good,
I'll even help you put
up your wall.
And I'll applaud you
as you fall.

Whoa, off and on
off and on
we need to break this spell
that we cast upon
ourselves.
Whoa, off and on
off and on
I need to quit.

I don't think I have the
strength to live
without it.

Just one final time.

Whoa, off and on
off and on
we need to break this spell
that we cast upon
ourselves.

Whoa, off and on
off and on
I need to quit.
I don't think I have the
strength to live
without it.

Off and on,
off and on.