

The 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 then the blood started running and running right from your nose.
But you just let it flow because the colors 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 running and running right from their eyes.
Don't you think I woulda' stopped if I coulda' screamed between the cries.

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.

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.