

## Solace and Pain

Matt Nathanson

I'm so confused by what I have and what I want,  
But I can't stand alone without your help

I'm afraid of the truth that I might find  
when I look inside myself,  
But I can't stand alone without your help

And what once gave me solace,  
now only gives me pain  
I over estimated your emotions again

How easily we can fool ourselves  
and see things that just aren't there  
Tangle up our emotions until it seems that people truly care  
It's been out of my hands now for so long  
and there's nothing I could have done  
And jealousy's an emotion that I'll have to learn to overcome  
And what once gave me solace now only gives me pain  
I overestimated your emotions again  
Distance and silence, how do they make you feel?

Well they hurt me.  
Well they hurt me.

And what once gave me solace,  
now only gives me pain  
I over estimated your emotions again