

## To Live Without It

The Spill Canvas

And there I was all misty eyed just licking it up.  
What became of your self-inflicted wounds.  
And then the blood started running and a running right from your nose.  
But you just let it flow because the color's 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 a running right from their eyes.  
Don't you think I would stop if I could scream 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.