

# Stick It Out

## Rush

Trust to your instincts  
If it's safely restrained  
Lightning reactions  
Must be carefully trainedHeat of the moment  
Curse of the young  
Spit out your anger  
Don't swallow your tongueStick it out  
Don't swallow the poison  
Spit it out  
Don't swallow your prideStick it out  
Don't swallow your anger  
Spit it out  
Don't swallow the liesNatural reflex  
Pendulum swing  
You might be too dizzy  
To do the right thingTrial under fire  
Ultimate proof  
Moment of crisis  
Don't swallow the truthStick it out  
Don't swallow the poison  
Spit it out  
Don't swallow your prideStick it out  
Don't swallow your anger  
Spit it out  
Don't swallow the liesStick it out  
Stick it outEach time we bathe our reactions  
In artificial light  
Each time we alter the focus  
To make the wrong moves seem rightYou get so used to deception  
You make yourself a nervous wreck  
You get so used to surrender  
Running back to cover your neckHeat of the moment  
Curse of the young  
Spit out your anger  
Don't swallow your tongueStick it out  
Don't swallow the poison  
Spit it out  
Don't swallow your prideStick it out  
Don't swallow your anger

Spit it out  
Don't swallow the liesDon't swallow the poison  
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