It's Been a While

Staind

And it's been awhile

Since I could hold my head up high

And it's been awhile

Since I first saw you

And it's been awhile

Since I could stand on my own two feet again

And it's been awhile

Since I could call youAnd everything I can't remember

As fucked up as it all may seem

The consequences that I've rendered

I've stretched myself beyond my means And it's been awhile

Since I can say that I wasn't addicted

And it's been awhile

Since I can say I love myself as well

And it's been awhile

Since I've gone and fucked things up just like I always do

And it's been awhile

But all that shit seems to disappear when I'm with youAnd everything I can't remember

As fucked up as it all may seem

The consequences that I've rendered

I've gone and fucked things up againWhy must I feel this way?

Just make this go away

Just one more peaceful day! And it's been awhile

Since I could look at myself straight

And it's been awhile

Since I said I'm sorry

And it's been awhile

Since I've seen the way the candles light your face

And it's been awhile

But I can still remember just the way you tasteAnd everything I can't remember

As fucked up as it all may seem to be I know it's me

I cannot blame this on my father

He did the best he could for meAnd it's been awhile

Since I could hold my head up high

And it's been awhile

Since I said I'm sorry

Songwriters

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