

# Spit it Out

## Monkeybone

Back then my life was empty  
Most things around disturbed me  
Messed-up and really restless  
My head was filled with distress  
Until the day you saved me  
You made me see things clearly  
Nothing is ever hopeless  
Got to know how to love myself  
You made me love you, me and life  
[chorus:]Go ahead, spit it out, go ahead,  
go ahead, spit it out  
That I am stupid  
Go ahead, spit it out, go ahead,  
go ahead, spit it out  
That I was mistaken

Go ahead, spit it out, go ahead,  
go ahead, spit it out  
That I missed my chances  
Go ahead, spit it out, go ahead,  
go ahead, spit it out  
That I cannot fix it  
Right now I grab my head and  
Look back at what I have done  
I've been a total fool  
Can find no explanation  
One day I could not take it  
Guess things were just too perfect  
So I took my stuff and left you  
Though I will always love you  
Thought you saved me I still left you  
[chorus]

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