

# Spit You Out

## METZ

I am what I am, so I spit you out  
Do I cut the ties, or do I hold on tight  
Time has come for me to realize  
All those things I loved I now despise  
But it's my life, I'm takin' back what's mine  
It's our time to rise above  
It's my life, I'm takin' back what's mine  
It's our time!  
Your pictures on my wall  
With this around me I don't feel it's over  
I've never felt this way before  
With you around me I don't feel it's over  
I am what I am, so I spit you out  
Can you justify how I  
Time has come for me to realize  
All the things I loved I now despise  
But it's my life, I'm taking back what's mine  
It's our time to rise above  
It's my life, I'm taking back what's mine  
It's our time  
Your pictures on my wall  
With this around me I don't feel it's over  
I've never felt this way before  
With you around me I don't feel it's over now  
I know you're faking, you try to get me back  
I know you're faking it  
Feel it's over  
Feel it's over  
{Bullet For My Valentine  
How we doing everyone?}  
But it's my life, I'm taking back what's mine  
It's our time to rise above  
It's my life, I'm taking back what's mine  
It's our time to rise above