

## Deal Real

Capdown

Well at least I know that I've loved  
Ain't that what I'm supposed to say  
To learn from my mistakes  
Awareness of the past in the way I live today  
So how comes I still feel I've fucked up?  
And even after all this time  
As soon as I see your face  
It brings back all the regrets that are still floatin' round my  
mind  
Others say forget over time  
But forget and stay blind

I can move on, I can be strong, but I still feel pain  
Don't deny or act like it is just a game  
Deal real to feel real  
Deal real to feel real and look on  
You gotta make your actions

Yeah it's good to progress and to move on  
But remember the things that you said and actions that you wish  
undone  
Life's long to act strong  
Don't spend your time wishin' that we'll all see through you

If it's what you done you can't hide it  
Cos it will take down with a little ha ha ha  
If it's what you done you gotta live with it  
Cos if it was all undone you'd never have to be strong  
What's done, it may be shit  
But shit can still heal

Don't spend your time acting fake and then stand wondering why  
you're alone  
It's cos you're livin' a lie