

## Spit It Out

Lou Reed

If there's rage inside you so you cannot think, spit it out  
If you get so angry that you cannot speak, spit it out  
Talk to him or her or it  
And tell them where they can put it  
Spit it out, spit it out

You got to talk to him or her or it  
And take aim with your mouth and spit  
Spit it out, spit it out

If you get worked over at your job, spit it out  
If a taxi almost runs you down, spit it out  
You got to take aim with your mouth and speak  
And give it to them right between the teeth  
Spit it out, spit it out

Talk to him or her or it  
And take aim with your mouth and spit  
Spit it out, spit it out

Spit it out  
Hey, hey, hey

If you're patient and you have the time, spit it out  
Wait till they're on the decline, spit it out  
The Chinese say you meet the hard with the soft  
The Yin with the Yang, the down with the up, oh  
Spit it out, spit it out

You got to grab that dumb he, she or it  
And give it to them right between the teeth  
Spit it out, spit it out

Spit it out, babe, spit it out  
Hey