

Shut Up

The Head and the Heart

What if we all shut up for a minute?
What if we took some time to breathe?
Think about the words inside before you say 'em
I just want to know what you need
'Cause there's more than one way to say
"I'm sorry I fucked up"
There's more than one way
I promise to love ya
What if we all shut up?

One by one
We might make it if you can take it, I can barely keep it in
How can I apologize after all this time and all these lies?
I can't even hear myself breathing
In a minute, I'm about to do what I told you
You know honey, I ain't getting any younger
And I can't talk to myself any more
I can't talk to myself

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The quiet place that we carved out together
No, I don't even recognize it now
And I'm not asking for your sympathy
I guess I'm only asking why do we keep on falling for the same illusions
When life goes on without us in the meantime

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Baby love looks pretty good to me, baby love
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(Hey) Well I know how much it hurts after the fall
I'd be there with you but for the grace of God

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