

# The Bear Quartet, Capable

with a high tolerance  
for sad events  
you were the one  
I used to hurt someone else  
I'm the bystander  
the untrustworthy hand  
now you see me  
in everything you can't stand

how many times  
must I repeat this:  
I am capable  
capable to love, I am  
capable to give and to receive  
I am capable  
capable, I'm capable  
I'm capable to love I am  
capable of cruelty but I try  
not to be cruel

a decade so lonely  
only deathwishes grew  
if you think it's a joke  
or worse a lie then fuck you  
guess that I needed  
to say it out loud  
that's how it was  
the wrong language and time

I want to be held  
and to hold back now  
I am capable to love  
capable to love, I am  
capable to give and to receive  
capable  
capable, I'm capable  
capable to love, I am  
capable of cruelty but I try  
not to be cruel

you can't take my dreams I repeat:  
I am capable of love  
capable to love I am  
capable to give and to receive  
I'm capable  
capable, I'm capable  
capable to love I am  
capable of cruelty but I try  
not to be cruel  
i am capable of love  
capable of love I am  
capable to give and to receive  
I'm capable  
capable, I'm capable  
capable to love I am  
capable to give an to receive I am