Cause It Hurts

Alec Benjamin

I had a friend I knew in the ninth grade
And he didn't come to class one day
'Cause they found something inside his brain
So they sent him home

So I went to see him after school I said
"Is there something I can do that
Might make you feel more comfortable?"
And he told me, "No."

He said, "I'm happy that you made it
Please, don't treat me like your patient
I don't need more medication, mm."

The only way I know that I'm alive is 'cause it hurts
So anything that takes away my pain will make it worse
'Cause if I'm numb I might as well be underneath the dirt
The only way I know that I'm alive, that I'm alive is 'cause it hurts
Is 'cause it hurts

And I won't forget the things he said
Every time I start to feel depressed
To be grateful that I still have breath
Down inside my lungs

'Cause without the darkness there's no light
And without the pain there'd be no life
So, even when it hurts inside
I won't try to run

I'll be happy that I made it
I'll be open, I'll embrace it
I won't take no medication, mm

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So anything that takes away my pain will make it worse
'Cause if I'm numb I might as well be underneath the dirt
The only way I know that I'm alive, that I'm alive is 'cause it hurts
Is 'cause it hurts

The only way I know that I'm alive is 'cause it hurts
So anything that takes away my pain will make it worse
'Cause if I'm numb I might as well be underneath the dirt
The only way I know that I'm alive, that I'm alive is 'cause it hurts

Dam-da-da-dam-da-da-dam-da-da-da
Is 'cause it hurts (Mmm)
Dam-da-da-dam-da-da-dam-da-da-da
Is 'cause it hurts
Dam-da-da-dam-da-da-dam-da-da-da
Is 'cause it hurts
Dam-da-da-dam-da-da-dam-da-da-da
Is 'cause it hurts