

And I just cry, cry and I don't know why
And I just cry, cry, cry

Seven hours and I feel no pain
Oh, it's not terrifying, it's not anything
And I feel that I, I'm holding strong
Then I'm telling a story and I have to say your name
And I'm overcome

And I just cry, cry and I don't know why
I just cry, cry when I realize

Seven stages of grief
And I don't know which I'm on
I'm past the anger, past the rage
But the hurt ain't gone

You just told me what I wanted to hear
Never gave me more than almost nothing, honey
Year after year
And I just wish that I could hate you how I want to
But, baby, I can't

So I just cry, cry and I don't know why
I just cry, cry when I realize

That the tears have all been shed
And I can finally see it clear
I'm not caught up in the fear
I don't have to pay the debt, oh

I just cry, cry and I don't know why
No, I don't know why
I just cry, cry, oh
I keep on asking God why I can't stop crying

I just cry, cry
I did my best for peace I sought out the answer but
And I don't know why
I wanted a reason but I just couldn't find it

I just cry, cry
The pain was automatic and I just couldn't stop it
But I realized
And I'm okay with how it feels to keep on crying

I just cry, cry
I'm such a mess and an addict, I try to pass it off but
I'm in a state of mind where silence feels like lying
I just cry, cry
I've been torn up about it, but now I'm movin' through it
But I realized
Won't try to stop it so I'll just keep on crying