

Kizutsuite soshite tsumazuite  
Namida nagashite hito wa otona ni nareru  
Kanashimi mo soshite yorokobi mo  
Kono oka wo koe sukoshi tsuyoku nareru kara  
Kokokara aruki dasou

Hitomi wo tojite mite yo wasuretai kako mo aru kedo  
Wasureru koto dekinai hodo no suteki na omoide mo aru  
Mimiwosumashite mite yo machi no zawameki ni magirete  
Kasuka ni keredo mo hakkiri to kimi wo yobu koe kikoeru

Mitakunai koto ni me wo mukenakya  
Taiyou wa michi wo terashite kurenai to omou  
Hodo keta kutsuhimo shime naoshi  
Tojikomenaide kimi no mirai made...

Kitzuite soshite tsumazuite  
Namida nagashite hito wa otona ni nareru  
Kanashimi mo soshite yorokobi mo  
Kono oka wo koeru sukoshi tsuyokunareru kara  
Kokokara aruki dasou

Kisetsu no utsurikawari sukoshi tomadoi wo oboeta  
"nazekashira jibun hitori dake torinokosareta ki gashite..."

"tsuyokunaritai" to omou kimochi  
Kigatsukanai uchi ni tada no "iji" ni kawattatenai?  
Taeru dake no tsuyosa janakute  
Chigau itami mo uketomeru yuuki

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Namida nagashite hito wa otona ni nareru  
Miushinai soshite kangaete  
Tsukareta toki wa sukoshi furikaette mireba  
Nanika ga mitsukaruyo

"tsuyokunaritai" to omou kimochi  
Kigatsukanai uchi ni tada no "iji" ni kawattenai?  
Hodo keta kutsuhimo shime naoshi  
Tojikomenaide kimi no mirai made...

Kizutsuite soshite tsumazuite  
Namida nagashite hito wa otona ni nareru  
Miushinai soshite kangaete  
Tsukareta toki wa sukoshi furikaette mireba  
Sugu soba ni namida fuitekureru  
Dareka ga iru kimi wa hitori janai yo  
Kanashimi mo soshite yorokobi mo  
Kono oka wo koe kimi wa tsuyokunareru kara  
Kokokara aruki dasou