

# The Hurt Inside

John Mayall

You wrestle with your conscience  
To free your better self  
Did you think for one moment  
You could be someone else?

Between a rock and a hard place  
Is where you seem to be  
You've been caught in a trap  
Between the devil and the deep blue sea

The nights were so lonely  
And all the tears that you cry  
You can't hide  
From all the hurt inside

You're in a situation  
And pray the time it will pass  
But it feels like you're walkin'  
Through miles and miles of broken glass

Painted into a corner  
Where the sun never shines  
Who turned on that spotlight?  
You didn't even learn your lines

Baby, deep in your heart  
A wound is open wide  
No use to be hidin'  
From the archin' pain and hurt inside

Think about the hard times  
Everybody's been through  
But it won't make a difference  
About the way that you do

In a blue state of mind  
You must search for the light  
It's a lie if they tell you  
You never hold back the night

Between a rock and a hard place  
Is where you'll always be  
You're just caught in a trap  
Between the devil and the deep blue sea  
You're just caught in a trap  
Between the devil and the deep blue sea  
You're just caught in a trap  
Between the devil and the deep blue sea