

# Hurt Alone

Witt Lowry

Yeah

Knew as soon as I got the call that there was somethin' wrong  
I had fell asleep with the TV on  
I said, "Hey, you good?", there was a brief pause  
Then you said to me, "He's fuckin' gone"  
And my hands are shakin', my mind is racin'  
My heart is achin', don't know what to say  
So I said the first thing that came to mind  
Which was somethin' like, "You're gonna be okay"  
"You're gonna be okay?" What a foolish phrase  
Like your whole life's not about to change  
And your only options are to sit in pain  
Or become so numb you can't feel a thing  
And the days will change, but they'll feel the same  
You wanna run away but you can't escape  
Goin' nowhere fast down the interstate  
Only say all that 'cause I know the pain  
And to feel like you wanna disappear  
I hope you know that I'm always here  
The sad truth is I can't bring him back, but can lend an ear, so

You don't have to hurt alone, hurt alone  
I can't fix you, but you won't be by yourself  
And I know I'll never know, never know  
What you've been through, all the messed-up things you felt  
But I could stay down heavy in the pain, no  
We don't have to talk if the words don't help  
You don't have to hurt alone, hurt alone  
I can't fix you, but you won't be by yourself (Yeah)

I used to think, "Damn, I wish I had a fam," until I realized that I had two  
There's the one assigned to me out the womb and the one that I got to choose  
So know that you're fam to me, and for family, there's not much that I would  
n't do  
Been losing your sanity, understandably, and the only way out's to go through  
h  
But they say you grow through what you go through  
The truth is that I owe you  
You were my lifeline in my dark times  
Now it's my turn to console you  
Even though I know the truth is nothing will  
Its trauma's gonna take some time to heal  
I know the woe of losin' someone close  
Still, I'll never know the way you truly feel, damn  
But if you need to vent or not be alone in your head  
Just name the time and the place, I'll be on my way, I'm not one to just lea  
ve you on read  
'Cause that's what you do for your friends and people you love  
You don't let 'em drown when they wanna give up  
And trust me, I know how hard it can be to find someone you can trust, but

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Don't know if you've ever thought of tryin' therapy  
It's helped me find a little clarity  
Been learnin' not to care about opinions from people who won't be there when  
they bury me  
I was so desperate, I booked a session  
Clicked the first place Google recommended  
Someone answered and asked me a couple questions  
Told 'em, "Man, I can't fix this depression"  
I don't want attention, wanna run away  
Said she couldn't see me 'til the 28th  
That was twenty days, was thinkin', "Okay  
That's a lotta time when you're about to break"  
I was about to break, I needed fuckin' help  
I couldn't do it all by my-fuckin'-self  
Like a stigma put on my mental health  
Society taught me how to hate myself  
But I'm still breathin'  
Still speakin', heart still beatin'  
Countless nights battlin' with demons  
And I'm still here, guess I'm undefeated  
And I was thinkin' this could help  
Maybe in my story you can find yourself  
Hard to understand the hand that you were dealt  
You don't owe shit to anyone except yourself  
Yeah, accept yourself, know he's lookin' down  
And just like me, know he's fuckin' proud  
Your anxiety is gonna chop you down  
Until you stop believin' that you let him down  
But never let it win, the battle starts within  
It's where you go from here and not where you begin  
It's a blessin' to call you a friend and to know that you let me in, so  
  
You don't have to hurt alone, hurt alone  
I can't fix you, but you won't be by yourself