

## **AND I CRIED (THE CATHARSIS)**

**Adegbalola 1/95**

**You can smell my loneliness  
It's from carryin' a heavy load  
My heart, it needs an exit  
Or my body will explode  
There's bitter taste of hatred  
That's choking every breath  
I was into loving you  
Now it's time to love myself  
Time to let you go  
Time to let it out  
I need to scream and shout**

**Refrain:      So I cried and I cried  
                All the color right out of my eyes  
                Now there's holes, I got holes  
                From my eyes to my heart through my soul  
                And I hurt, I hurt so bad  
                If it hadn't been so good  
                I wouldn't hurt so bad**

**My head, it was a-throbbing  
And my heart was bleeding too  
That's when you ripped it out and stomped it  
Left a mournful residue  
I gave you all my power  
Your life had been my death  
I was into loving you  
Now it's time to love myself  
Time to let you go  
Time to let it out  
I need to scream and shout**

**Refrain**

**Now you can smell my confidence  
It's from giving up the pain  
The tears have cleansed my body  
My soul is free again  
The calm, it feels like honey  
I can taste it with every breath  
I was into loving you  
Thank God I found myself  
Found the voice to sing  
Found the joy to dance**

**I'll find romance**

**Outro: repeat last 3 lines over & over. . . fade**