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Inspired by the poem by Rob Bissonnette

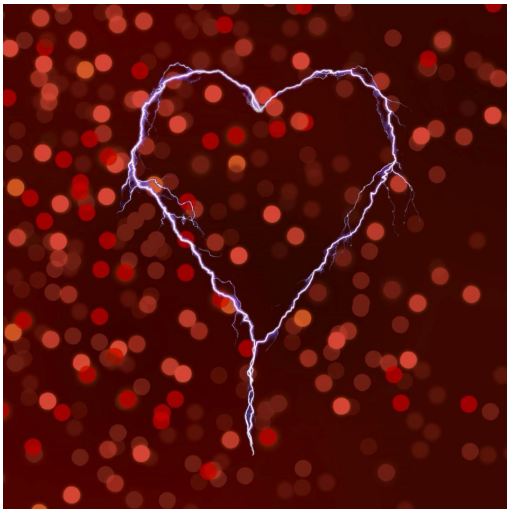
Written by Jhana Matthews

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Genre of Music: Soft Rock, Boy Group, Spoken

Song via Suno

*Loss*



[Verse 1]
Living with the loss
Any loss
A child, a dear friend or even a parent
Hurts like a sharp knife in the heart
Everything that I felt is falling apart [Pre-Chorus]
When you deal with a loved one passing

It does not matter how long it takes you to grieve
Whether it is a couple of days
A couple of years
Doesn’t mean you need to stop the tears

[Chorus]
The pain stays with you
It never really goes away
It stays imprinting onto the deepest part of your heart
You’re allowed to fall apart

[Verse 2]
Even though you feel okay
You are still haunted by the memories
Of their last words
You will never fully recover
Because someone else says those same words

[Pre-Chorus]
When you deal with a loved one passing
It does not matter how long it takes you to grieve
Whether it is a couple of days
A couple of years
Doesn’t mean you need to stop the tears
[Chorus]
The pain stays with you
It never really goes away

It stays imprinting onto the deepest part of your heart
You’re allowed to fall apart

[Bridge]
In your mind
You feel tricked
Because you’re blind

[Pre-Chorus]
When you deal with a loved one passing
It does not matter how long it takes you to grieve
Whether it is a couple of days
A couple of years
Doesn’t mean you need to stop the tears

[Chorus]
The pain stays with you
It never really goes away
It stays imprinting onto the deepest part of your heart
You’re allowed to fall apart

[Verse 3]
Loss can be devastating
The pain is hard to bear

[Spoken]
Giving up

Giving in
Seems like the best option
Instead, we must push through it

[Guitar Solo]

[Spoken]
We need to try to be strong
No matter how long
It would take

[Pre-Chorus]
When you deal with a loved one passing
It does not matter how long it takes you to grieve
Whether it is a couple days
A couple of years
Doesn’t mean you need to stop the tears

[Chorus]
The pain stays with you
It never really goes away
It stays imprinting onto the deepest part of your heart You’re allowed to fall apart

[Bridge 2]
Some day, someone will suffer the same loss

That we've tried to overcome

[Pre-Chorus]
When you deal with a loved one passing
It does not matter how long it takes you to grieve
Whether it is a couple of days
A couple of years
Doesn't mean you need to stop the tears

[Chorus]
The pain stays with you
It never really goes away
It stays imprinting onto the deepest part of your heart
You're allowed to fall apart

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