

**Loss © 2025 Jhana Matthews**

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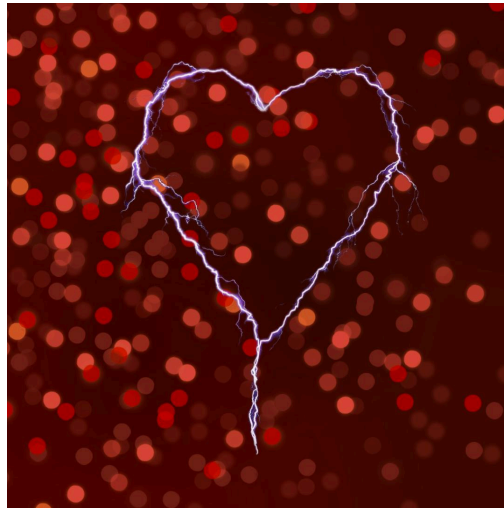
Lyrics by Jhana Matthews

Inspired by the poem by Rob Bissonnette

Lyrics date October 30<sup>th</sup>, 2025

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 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 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 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 bare

[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 grief  
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

Image VIA [Unsplash](#)

Background from CapCut