

It's Okay to Cry

[Amanda Wilkinson](#)

Somewhere along the way
We're taught to keep it all together
We mask the pain we feel inside
To make everyone else feel better
You wrap your arms around yourself
And bury all your sorrow
You can't hide from your emotions, baby
They'll still be here tomorrow
If your heart won't let it flow
I want you to know It's okay to cry
[Everybody's gotta hurt sometimes]
Let those teardrops fly
[Don't even try to dry your eyes]
Don't keep it all inside
[In the morning it'll be alright]
It's okay to cry
First you've got to fall apart
To pick up all the pieces
If you don't learn to let it go
The pain inside increases
It takes more strength to hold it in
Than to give in and surrender
Why's the first thing that we learn
The last thing we remember
Baby, tears don't make you weak
If I could only make you see It's okay to cry
[Everybody's gotta hurt sometimes]
Let those teardrops fly
[Don't even try to dry your eyes]
Don't keep it all inside
[In the morning it'll be alright]
It's okay to cry
It ain't nothing at all
Sometimes you've got to break down
And let them fall
Baby, that's true, oh...It's okay to cry
[Everybody's gotta hurt sometimes]
Let those teardrops fly
[Don't even try to dry your eyes]
Don't keep it all inside
[In the morning it'll be alright]

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