

# It's Okay to Cry

[Amanda Wilkinson](#)

Somewhere along the way, we talked to keep it all together  
We masked 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 sometime)  
Let those tear drops fly  
(Don't even try to dry your eye)  
Don't keep it all inside  
(In the mornin' it'll be alright)  
It's okay to cry First you gotta 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 sometime)  
Let those tear drops fly  
(Don't even try to dry your eye)  
Don't keep it all inside  
(In the mornin' it'll be alright)  
It's okay to cry It ain't nothing at all  
Sometimes you gotta break down  
And let 'em fall  
Baby, that's true Ohh, it's okay to cry  
(Everybody's gotta hurt sometime)  
Let those teardrops fly  
(Don't even try to dry your eye)  
Don't keep it all inside  
(In the mornin' it'll be alright)  
It's okay to cry, it's okay to cry, ohh

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