

# The Hurt Inside

Gary Moore

You wrestle with your conscience  
To free your better self  
But did you think for one moment  
You could be someone else  
Between a rock and a hard place  
Is where you seem to be  
You've been caught in a trap  
Between the devil and the deep blue sea  
All those nights so lonely  
All the tears that you cry  
You can't hide from the hurt inside  
The hurt inside  
You're in a situation  
Pray this time it will pass  
But it feels like you're walkin'  
Over miles and miles of broken glass  
Painted into a corner  
Where the sun never shines  
Somebody's turned on the spotlight  
You forgot to learn your lines  
In the place you once called your heart  
There's a wound that's open wide  
You can't hide from the hurt inside  
The hurt inside  
When you're thinking 'bout the hard times  
Everyone's been through  
But it won't make no difference  
Seeing things the way you do  
In this blue condition  
You must search for the light  
Don't believe them when they tell you  
You can't hold back the night  
Between a rock and a hard place  
Is where you'll always be  
Caught in a trap  
Between the devil and the deep blue sea  
So many words unspoken  
So many times you never tried  
You can't hide from the hurt inside

The hurt inside  
No, you can't hide from the hurt inside  
The hurt inside  
There's one thing you can't hide  
It's the hurt inside  
The hurt inside

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