

# 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.