

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.