Dashboard Confessional, Everybody Hurts

When your day is long

And the night

The night is yours alone

When you're sure you've had enough of this life

Well hang on

Don't let yourself go

Cause everybody cries

And everybody hurts

Sometimes

Sometimes everything is wrong

Now it's time to sing along

(When your day is night alone)

Hold on, hold on

(If you feel like letting go)

Hold on

If you think you've had too much of this life

Well hang on

Cause everybody hurts

Take comfort in your friends

Everybody hurts

Don't throw your hand

Oh, no

Don't throw your hand

When you feel like you're alone

No, no, no, you're not alone

If you're on your own

In this life

The days and nights are long

When you think you've had too much

Of this life

To hang on

Well, everybody hurts

Sometimes, everybody cries

And everybody hurts

Sometimés

And everybody hurts

Sometimes

So, hold on, hold on

Hold on, hold on

Hold on, hold on

Hold on, hold on

(Everybody hurts

You are not alone)