

The 7 Method

"For Crying Out Loud"

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When it all comes down
And it all falls apart
And there's no way to win
And you're left with a broken heart

And you can't look down
'Cuz it's too far to fall
And you can't look forward to nothing
'cept looking' back upon it all

Look up, and cry out
Don't be afraid to rage
Don't be afraid to shout
Look up
For crying out loud
You've both been waiting for this day
For a long time now
Long time now

When you can't stand up
And you can't sit still
And you can't get through the night
Without a sleeping pill

And the days drag out
And the nights never end
And you're tired of talking it out
On the phone with all your friends

Look up, and cry out
Don't be afraid to scream
Don't be afraid to shout
Look up
For crying out loud
You've both been waiting for this day
For a long time now
Long time now
Long time now

