

## Everybody Hurts<sup>1</sup>

When the 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<sup>2</sup>  
Don't let yourself go, 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)  
When 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  
If you feel like you're alone, no, no, no, you are not alone

If you're on your own<sup>3</sup> 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 sometimes  
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.

R.E.M

### Read the song, explain

- **what it is about**
- **what message it sends and**
- **say if and how it may speak about adolescence.** (Keep in mind that emotional tension, social adjustment, economic independence, emancipation and personal appearance are the most frequent problems of adolescence.)

**Not less than 150 words.**

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<sup>1</sup> Hurt= make unhappy; upset; be unhappy; cause pain or injury to; (of a part of the body) suffer pain

<sup>2</sup> Hang on= hold on; wait a moment

<sup>3</sup> on your own =alone