

COLD MARROW



LOVE HURTS

TRACKLIST & CREDITS

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Performed by Cold Marrow

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TRACK 01 OF 12

LOVE HURTS

INTRO

(Instrumental)

VERSE 1

I found your name in the cracks of the wall
Still bleeding through the paint
Every promise we never kept
Rattles in my veins

CHORUS

Love hurts worse when it doesn't scream
It just sits and stares at me
I carved my heart in broken lines
Now it's lost inside your eyes

VERSE 2

Your shadow sleeps beside my bed
Cold like borrowed skin
I try to drown the things you said
But they crawl back in

BRIDGE

If love's a wound I can't outrun
Why do I beg for more
You left me breathing borrowed air
Face down on your floor

CHORUS

Love hurts worse when it doesn't scream
It just sits and stares at me
I carved my heart in broken lines
Now it's lost inside your eyes

SOLO

(Instrumental)

VERSE 3

I'd burn the past if fire could heal
But ash still feels like you
Every scar I tried to steal
Just tells the truth

BRIDGE

I loved you like a loaded gun
Pointed back at me

CHORUS

Love hurts worse when it doesn't scream
It just sits and stares at me
I carved my heart in broken lines
Now it's lost inside your eyes

OUTRO

(Instrumental fade out)

TRACK 02 OF 12

THE BITE

INTRO

(Instrumental)

VERSE 1

You bite your words like broken glass
Smile through the pain you keep
Every truth you never said
Is buzzing in my teeth

CHORUS

You leave me numb but wide awake
Shaking in your light
I tried to love what I became
But it don't feel right

VERSE 2

Your perfume hangs in empty rooms
Like guilt I can't outrun
I stitched your name into my skin
Just to feel something

BRIDGE

I keep waiting for a sound
That never comes from you

CHORUS

You leave me numb but wide awake
Shaking in your light
I tried to love what I became
But it don't feel right

SOLO

(Instrumental)

VERSE 3

Your silence cuts deeper now
Than anything you said

BRIDGE

I was loud before I broke
Now I just pretend

CHORUS

You leave me numb but wide awake
Shaking in your light
I tried to love what I became
But it don't feel right

OUTRO

(Instrumental fade out)

TRACK 03 OF 12

HALF LIFE

INTRO

(Instrumental)

VERSE 1

You kissed me like an accident
Then blamed the floor beneath
I learned to bleed in half measures
Just to keep the peace

CHORUS

I'm living on a half-life
Still warm, still dead
You took the best part of me
And left the rest instead

VERSE 2

Your voice crawls through the walls at night
A ghost I never sent
I keep replaying everything
That I never meant

BRIDGE

If love's a drug you disappear
I'm sick without the cure

CHORUS

I'm living on a half-life
Still warm, still dead
You took the best part of me
And left the rest instead

SOLO

(Instrumental)

VERSE 3

I taste you in the back of my throat
Like rust and cigarettes

BRIDGE

I'd forgive you if I could
But I don't forget

CHORUS

I'm living on a half-life
Still warm, still dead
You took the best part of me
And left the rest instead

OUTRO

(Instrumental fade out)

TRACK 04 OF 12

BLEED QUIET

INTRO

(Instrumental)

VERSE 1

You taught me how to disappear
Standing in plain sight
I learned to bleed real quietly
So you could sleep at night

CHORUS

I scream without a sound
I sink without a trace
You never see me drowning
When you're looking away

VERSE 2

Your hands were always somewhere else
When mine were shaking loose
I held the knife you handed me
And called it truth

BRIDGE

I bend until I break in two
Then blame myself for you

CHORUS

I scream without a sound
I sink without a trace
You never see me drowning
When you're looking away

SOLO

(Instrumental)

VERSE 3

My shadow won't stop shaking now
It looks too much like you

BRIDGE

I'd leave if I still knew
Which parts were mine

CHORUS

I scream without a sound
I sink without a trace
You never see me drowning
When you're looking away

OUTRO

(Instrumental fade out)

TRACK 05 OF 12

CHEAP HALO

INTRO

(Instrumental)

VERSE 1

You wear forgiveness like a crown
Made out of thin excuses
I learned to kneel without a prayer
Just to not confuse you

CHORUS

Your halo's cracked and cutting me
But I still look up
I keep choking on your love
Like it's not enough

VERSE 2

Your mercy comes with strings attached
Wrapped tight around my throat
I learned to float on broken glass
Instead of letting go

BRIDGE

You say I'm hard to love
But you never tried

CHORUS

Your halo's cracked and cutting me
But I still look up
I keep choking on your love
Like it's not enough

SOLO

(Instrumental)

VERSE 3

I still see light around your head
Even when you lie

BRIDGE

I guess I like the pain
When it's dressed divine

CHORUS

Your halo's cracked and cutting me
But I still look up
I keep choking on your love
Like it's not enough

OUTRO

(Instrumental fade out)

TRACK 06 OF 12

BURIED LOUD

INTRO

(Instrumental)

VERSE 1

I swallowed all the things I meant
So you wouldn't flinch
Every truth I tried to say
Got buried inch by inch

CHORUS

I'm buried loud inside my head
But quiet to the world
I scream through broken radio
With my signal curled

VERSE 2

You nod like you're listening
But you're already gone
I keep talking to the walls
Like they'll prove me wrong

BRIDGE

I learned to choke on honesty
And call it grace

CHORUS

I'm buried loud inside my head
But quiet to the world
I scream through broken radio
With my signal curled

SOLO

(Instrumental)

VERSE 3

Your silence feels intentional
Like you know it hurts

BRIDGE

You hear me best
When I don't speak at all

CHORUS

I'm buried loud inside my head
But quiet to the world
I scream through broken radio
With my signal curled

OUTRO

(Instrumental fade out)

TRACK 07 OF 12

OPEN WOUND

INTRO

(Instrumental)

VERSE 1

This room still smells like your regret
And something I believed
I left my spine against the door
So you could leave

CHORUS

You made a home inside my chest
Then burned it down
Now every breath I take
Just makes the sound

VERSE 2

I sweep your laughter off the floor
It cuts my hands
I try to piece together love
I don't understand

BRIDGE

If I stay still long enough
Will you come back

CHORUS

You made a home inside my chest
Then burned it down
Now every breath I take
Just makes the sound

SOLO

(Instrumental)

VERSE 3

I still sleep on your side
Like you might return

BRIDGE

Hope is just a nicer word
For hurt

CHORUS

You made a home inside my chest
Then burned it down
Now every breath I take
Just makes the sound

OUTRO

(Instrumental fade out)

TRACK 08 OF 12

PLASTIC SMILES

INTRO

(Instrumental)

VERSE 1

I practice smiling in the mirror
Like it's something I should learn
You say love is all we need
But mine just burns

CHORUS

We're laughing like it means something
Dancing through the cracks
You call this love, I call it noise
Painted over facts

VERSE 2

Your happiness feels rented
Like it's due to disappear
I fake it just to keep you close
While choking on the fear

BRIDGE

If this is what you wanted
You can have it all
I'm tired of pretending
That I don't feel small

CHORUS

We're laughing like it means something
Dancing through the cracks
You call this love, I call it noise
Painted over facts

SOLO

(Instrumental)

VERSE 3

I scream inside my head all night
But sleep just plays it back
Your love tastes sweet for half a second
Then it turns to black

BRIDGE

I'd rather feel the silence
Than your plastic truth

CHORUS

We're laughing like it means something
Dancing through the cracks
You call this love, I call it noise
Painted over facts

OUTRO

(Instrumental fade out)

TRACK 09 OF 12

EMPTY PROMISES

INTRO

(Instrumental)

VERSE 1

I sit alone with borrowed thoughts
That don't belong to me
I replay things I should have said
Like they might set me free

CHORUS

No apologies left to give
No excuses worth the sound
I loved you in the quiet ways
That never stick around

VERSE 2

Your name still feels uncomfortable
Like clothes that never fit
I wore your words like armor once
Now they just cut my skin

CHORUS

No apologies left to give
No excuses worth the sound

I loved you in the quiet ways
That never stick around

VERSE 3

I learned too late how not to speak
When silence meant more harm
I held you like a habit
Not like something warm

BRIDGE

If I could take it back again
I wouldn't change a thing
Regret's the proof that I was there
And felt everything

CHORUS

No apologies left to give
No excuses worth the sound
I loved you in the quiet ways
That never stick around

OUTRO

(Instrumental fade out)

TRACK 10 OF 12

YESTERDAY'S TASTE

INTRO

(Instrumental)

VERSE 1

You linger like a bad idea
That still feels right
I taste yesterday on my tongue
Every night

CHORUS

I keep chewing on the past
Like it won't break
But it's cutting up my mouth
With every taste

VERSE 2

Your voice is stuck in static now
But I hear it clear
Every word you never said
Still lives here

BRIDGE

I confuse the pain with proof
That it was real

CHORUS

I keep chewing on the past
Like it won't break
But it's cutting up my mouth
With every taste

SOLO

(Instrumental)

VERSE 3

I'd spit you out if I could
But I'm addicted

BRIDGE

Some wounds just heal
By sticking

CHORUS

I keep chewing on the past
Like it won't break
But it's cutting up my mouth
With every taste

OUTRO

(Instrumental fade out)

TRACK 11 OF 12

GHOST HANDS

INTRO

(Instrumental)

VERSE 1

Your ghost still touches everything
I try to own
I flinch at kindness now
It feels unknown

CHORUS

I reach for hands that aren't there
Still feel the burn
You taught me how to want
Then never learn

VERSE 2

Your absence screams louder
Than your voice ever did
I keep shaking hands with memories
Like they're friends

BRIDGE

I miss the pain
Because it's familiar

CHORUS

I reach for hands that aren't there
Still feel the burn
You taught me how to want
Then never learn

SOLO

(Instrumental)

VERSE 3

I talk to you in empty rooms
Like you reply

BRIDGE

Maybe ghosts are just
Love that didn't die

CHORUS

I reach for hands that aren't there
Still feel the burn
You taught me how to want
Then never learn

OUTRO

(Instrumental fade out)

TRACK 12 OF 12

GOOD LIE

INTRO

(Instrumental)

VERSE 1

Tell me something comforting
Even if it's fake
I'm tired of the truth
And how it shakes

CHORUS

Give me one last good lie
To sleep tonight
I'll take the dark
If it feels right

VERSE 2

Your honesty comes sharpened
Like you want me gone
I miss when we pretended
Nothing was wrong

BRIDGE

If this is clarity
I don't want it

CHORUS

Give me one last good lie
To sleep tonight
I'll take the dark
If it feels right

SOLO

(Instrumental)

VERSE 3

I still believe you loved me once
Or maybe twice

BRIDGE

Hope's just the echo
Of a lie

CHORUS

Give me one last good lie
To sleep tonight
I'll take the dark
If it feels right

OUTRO

(Instrumental fade out)



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