Cry If You Want To

Words & Music: Casey Scott

“What soap is for the body, tears are for the soul.”

Jewish Proverb

99% of the time I just write and record my own music, but every once in a while a song comes along that moves my soul and I want to share it. Such was the case with this song written by Casey Scott. Since I lead or co-lead so many women’s retreats, the subject often comes up about people feeling embarrassed about crying. I am a cheerleader for tears! I truly think that it takes courage to let out your feelings, and when you do, it is the gateway to healing. Needless to say, in my workshops we all become weepy wonderful puddles and it feels great.

For more information about allowing yourself to cry check out my friend Lee Glickstein’s website: www.thewaterworkers.cm

Thank you Lena for turning me on to this amazing song!

Cry if you want to. I won’t tell you not to.
I won’t try to cheer you up, I’ll just be here if you want me.

There’s not use in keeping a stiff upper lip, you can weep you can sleep you can loosen your grip.
You can frown, you can drown and go down with the ship.
You can cry if you want to.

Don’t ever apologize for venting your pain, it’s something to me you don’t need to explain.
I don’t need to know why I don’t think you’re insane.
You can cry if you want to.

Chorus: The windows are closed the neighbors aren’t home, if it’s better with me then to do it alone.
I’ll draw all the curtains and unplug the phone.
You can cry if you want to.

You can start at the ceiling, tear at your hair, swallow your feelings and stagger and swear.
You can show things, and throw things and I wouldn’t care.
You can cry if you want to.

No, I won’t make fun of you. I won’t tell anyone.
I won’t analyze what you do or you should have done. I won’t advise you to go and have fun.
You can cry if you want to.

*Chorus*

When it’s empty and ugly and terribly sad, I can’t feel what you feel but I know it feels bad.
I know that it’s real and it makes you so mad. You can cry.

Cry if you want to. I won’t tell you not to. I won’t try to cheer you up.
I’ll just be here if you want me to be near you.
Cry If You Want To

Words & Music: Casey Scott

Rubato.

\[ \begin{array}{cccc}
\text{Emi}^9 & \text{C} & \text{Ami}^9 & \text{Dsus}^7 & \text{D}^7 \\
\end{array} \]

Freely.

\[ \begin{array}{cccc}
\text{G}^\text{add2} & \text{Emi} & \text{Dsus} & \text{D}^7 \\
\end{array} \]

Cry if you want to, I won't tell you not to. I won't try to cheer you up. I'll just be here if you want me.

\[ \text{D}^7 \]

\[ \text{G}^\text{add2} \]

There's no use in keeping a stiff upper lip, you can weep, you can sleep, you can loosen your grip. You can frown, you can drown and go down with the ship.

\[ \text{D}^7 \]

\[ \text{G}^\text{add2} \]

You can cry if you want to. Don't The win-dows are closed the neigh-bors aren't home, if it's

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Cry If You Want To

G(3) sus

better with me then to do it alone. I'll

Emi7

draw all the curtains and unplug the phone.

You can
g

D

cry if you want to.

You can

D.S.al Coda.

Play the repeat.

G(add2)

When it's empty and ugly and terribly

sad I can't feel what you feel but I know it feels

bad. I know that it's real and it makes you so

mad. You can cry.

Rit.

Emi9

C Freely.

Cry if you want to, I won't tell you not to. I won't

try to cheer you up. I'll just be here if you

want me to be near you.

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From Karen’s CD: “The Call”