

Date 3 / 8 PV Log: (circle one) Poem / Movie / Picture / LyricTitle "Everybody Hurts"Author / Director / R.E.M.

## Context (Where Found / Viewed / Read?)

The first time I actually consciously heard and listened to "Everybody Hurts" by R.E.M. was at the final day of the Mental Health seminar for Social Justice week at Jesuit High School. The lyrics and soothing aspects of the song prompted me to do a poetic vision long on the piece.

## Content / CD / Summary / Precis (Say? "Plot? Setting/Situation? Key lines/phrases scenes, etc? )

"Everybody Hurts" is a comforting song sung from the perspective of a person, the singer, giving advice and reassurance to another person, the listener, who is having such a bad time in his or her life that he or she may even be contemplating suicide. The speaker comforts the listener by telling him or her to "hang on" even if he or she "think[s] [he or she has] had too much of this life" because, ultimately, "everybody hurts." The speaker again and again tries to persuade the listener to fix and turn around his or her life before it becomes too late because, although he or she may feel completely isolated and alone in his or her suffering, there is no doubt that another person may be suffering in a similar way. The speaker reminds the listener that everyone hurts in their own ways.

## Content / CM / Meaning? / Theme(s)?

"Everybody Hurts" gives hope for everyone out there whom has been hurt in the present, past, and soon to be future. It is a big eye opener for a lot of people that at the end of the day, everyone is mortal, meaning that all people feel things in similar ways, hurt in similar ways, and are structured in similar ways. To deny one's pain is to deny a person the liberty of their own emotions, and so people can't keep their emotions bottled up and concealed within inside themselves because it will result in an inevitable explosion that could have drastic consequences. Thus, "Everybody Hurts" urges people to realize that they are not necessarily alone in what they are going through and that there are people out there who can help. The song optimistically encourages people to understand that pain and suffering are never unique and definitely never reasons to end their own lives. Moreover, it advocates that people become more in touch with their own emotions so that serious internal conflict can be avoided in the first place.

## Form (Diction? Construction Terms? Symbolism?)

"Everybody Hurts" is an alternative rock piece of music that is entirely directed at teenagers and young people in society. The lyrics were written in such a straightforward way so that all, even the relatively uneducated, could easily understand and be able to utilize the message that is being portrayed in the lyrics of the song. The lyrics symbolize the constancy and consistency of mankind, as they are all united in some way or another, whether it be by actions, emotions, interactions, or many other things. By listening to the song, teenagers should be able to better understand that they are not alone, and that they do not have to face affliction in solitude.

## Commentary (What do you want to say? Why like? Questions? Synthesis / Allusions-Connections / Relevance to personal experience, to literature, 20Q's? etc.)? "Poetic" Traits?

"Everybody Hurts" is quite an interesting song in that it is both pleasant to listen to on rare occasions of sadness and depression but also unpleasant to listen to during times of happiness and contentment with life. The lyrics optimistically cheer me up, comforting me in my sorrow and appeasing me in my solitude, but also can be downright and bitterly depressing, hinting at the fact that suffering is never ending and incessant. The song particularly relates to Holden Caulfield, the protagonist in J.D. Salinger's "Catcher in the Rye," in that Holden is constantly in a state of pain and bitter anguish for practically the entire novel. Trying to preserve his own innocence as well as the innocence of those around him, Holden resists entering adulthood and all of the corruption that comes along with it. Because he is no longer a child yet still puts up a barrier against growing up and maturing, Holden finds himself in a state of isolation, of not belonging, alone in his pursuits and beliefs. This liminality combined with all of the other unfortunate circumstances surrounding his life brings Holden great pain and suffering, a state of which he seemingly can not escape. Nevertheless, Mr. Antolini advises him to pursue education not only so that he can not only grow up but also so that he can realize that he in fact is "not the first person who was ever confused and frightened and even sickened by human behavior." Enlightenment helps to bring people out of their isolation, and this song in particularly poetically does just that. The song is comforting and consoling in the times when it is most needed, and it helps to bring a better awareness of the human condition, which inevitably begets suffering in a variety of forms. Every person is unique, but not one person can distinguish himself by the very emotions and feelings he endures because the same sentiments are similar across all of humanity.

**over (do not mix logs; e.g., no poem log in front, and movie log on back)**