

The pains of growing by Alessia Cara



Alessia Caracciolo is a Canadian singer, songwriter, and instrumentalist from Brampton, Ontario, born July 11, 1996. She was discovered by posting covers on YouTube and was noticed by Epic Entertainment, who gave her distribution rights to Def Jam before her 18th birthday. Her first YouTube cover was Jessie J's "Price Tag". She cites Drake, Ed Sheeran, and Amy Winehouse as her inspirations. She debuted in 2015 with the top 5 hit "Here", more songs had top ten success, and the debut album Know It All achieved platinum status.

Alessia Cara keeps a jar of all the good things that happen to her and puts them in a jar, and at the end of the year she opens the jar to read them and reflect on all the good things that happened. She has a paper sailboat tattooed on her wrist because "they seem so frail but when you put them in water they float. It's a reminder that even though I'm small and seem weak, I'm not," she told Billboard.

The Pains of Growing is her second studio album and her first album that was written 100% alone. As soon as she wrote *Growing Pains*, she knew the premise for the album. She was in a dark place, and the album gave her a "silver lining," she said, reminding herself to grow from the pain. She felt like she needed to write most of this album secluded; she didn't know why, but she would write in tiny rooms or bathrooms or bathtubs for most of it.

Alessia Cara won a Grammy for Best New Artist in 2018 and received a lot of hate due to people believing others deserved it. She had already started her second album by this time but said all the hate made her want to work harder to prove she deserved to be here. It had been three years since her last album, and of course, she has gone through a lot of changes. The album allowed her to write about it, and she said it felt like something she needed to do and that you never stop growing, and the concept will always be relevant.

Out of love- track 11 4/5 stars



A recently heartbroken friend not knowing how to put his emotions into words asked Alessia if she could write a song for him about someone falling out of love. One day in the studio she decided to take a crack at the concept and wrote "out of love" in ten minutes. This was the first song she had written from someone else's viewpoint and when she showed her friend he got emotional and ended up getting back together with his ex. Since the song wasn't her viewpoint she wanted her music video to reflect that by being a bystander to others' relationships. The first time I heard this song I was driving in my car and it pissed me off because I was so happy and it ruined the mood but after two weeks of always hearing it on the radio I actually started to really like the song and find it more soothing than anything. I love the simplicity of the song but I feel like there could also be a few extra piano riffs throughout.

Growing pains- track 1 5/5 stars



This is the first song on the album and the first song she wrote for the album. As soon as she wrote growing pains she knew the premise for her album. The chorus refers to cara's habit of going to bed really late and staying awake thinking about everything. The song is a reminder that no matter how hard of a time your going through your always growing and learning from it. cara wrote this song on the back of a bus and made a crappy midi keyboard version of it and then brought it to pop and oak and asked them if they could make it sound a lot better than it did at the moment and they did. She had worked with pop and oak on projects before and trusted them. I love this song because it talks about "growing pains" keeping her up at night and the music for the song to me sounds like heartbeats and a very cluttered/busy mind so it feels like as you listen you can here the anxiety that's there just through her music and with her lyrics you really get a feel and can connect to how she is feeling.

Trust my lonely- track 5 4/5



This song is about the human instinct to hold onto things even though their not good for us because were scared to be without them. The concept came to her when she decided to do the album alone but felt a lot of doubt from others even if it wasn't said so she started doubting herself and she decided she would have to trust herself to write it herself but made the song about all insecurities and act like shes breaking up with someone. Her song has random ticking sound which carries a busy effect to the song, as if she has a lot going on which helps illastrate how stressed she is.

7 days- track 4 5/5



This song is Cara talking to God and asking if the seven days of work for the earth was worth it considering the mess we've made. She talks about the messed-up lives being entertainment for God. She said it was "[her] way of finding a twisted silver lining in our chaos." She has a more funky tone to the song but it's also slow-tempoed for most of it and has almost a operatic moment close to the end which helps illustrate the idea of God.

The importance of the pains of growing album is that it's a universal situation because everyone has a hard adjustment from childhood years to young adult years. After graduation when you're stuck trying to figure out who you want to be, where you want to go, if you want to move, if you want to stay, college or university or neither. It's a lot for one to go through but after it's over you'll end up a better person. the pains of growing alludes to how you grow from the pain you put through. I think the album is beautifully crafted and was amazed to find out she wrote every song by herself. The album is a 4/5 for me because even though I love it there could always be some improvement.

<https://www.youtube.com/watch?v=oljXXw0wgmg> (out of love music video)

<https://www.youtube.com/watch?v=QJWR9T7ihns> (growing pains music video)

<https://www.youtube.com/watch?v=uF9YayOgjRg> (trust my lonely music video)

<https://www.youtube.com/watch?v=Im4V2QBxtKc> (7 days lyric video)

