

= Why Does It Hurt So Bad =

" Why Does It Hurt So Bad " is a song recorded by American singer Whitney Houston for the 1995 film *Waiting to Exhale* . It was released on July 7 , 1996 , by Arista Records as the seventh and final single from the accompanying soundtrack . The song was written and produced solely by Babyface . Musically , it is an R & B ballad , and the lyrics chronicle a lovelorn lament .

The song garnered positive reviews from critics , who commended Houston 's vocal effort . It charted in the United States on the Billboard Hot 100 , peaking at number twenty @-@ six . It also reached a peak position of number twenty @-@ two in the Hot R & B / Hip @-@ Hop Songs chart and number six on the Adult Contemporary chart . In Canada , the song reached a peak of number forty @-@ five on the RPM Singles chart . Although there is no official music video for the song , a performance of the song at the 1996 MTV Movie Awards was taped and is used as a promotional clip . The song was later included as a medley , in her *My Love Is Your Love* World Tour (1999) , along with a few other songs .

= Background =

Houston starred in the 1995 romance film *Waiting to Exhale* , directed by Forest Whitaker . Although Houston did not intend to contribute to the film 's soundtrack , when Whitaker hired Babyface to score the soundtrack , she opted in . Babyface , Houston and some other African @-@ American female singers recorded songs for the album . The song was one of the final additions to the soundtrack . " Why Does It Hurt So Bad " was originally written by Babyface for Houston , two years prior to the release of *Waiting to Exhale* , but Houston refused to record it at that time . " I wasn 't really in the mood for singing about why it hurts so bad , " said Houston . Two years later , according to Chris Willman of *Entertainment Weekly* , the emotions of the movie merged with the real @-@ life circumstances of Houston 's troubled marriage to Bobby Brown . " Now , I 'm ready to sing not only the joys of things , but the pains of things , also , " Houston explained .

= Composition =

" Why Does It Hurt So Bad " is an R & B ballad . The song was written and produced by Kenneth Brian Edmonds , popularly known as " Babyface " . According to the sheet music book for *The Greatest Hits* at Sheetmusicplus.com , the song is written in the key of B ? major , and moves at a tempo of 69 beats per minute . It is set in time signature of common time and features a basic chord progression of B / E ? Em ? C ? m ? G ? 7 . Houston 's vocals span from the note of Am7 to the note of D5 . According to Stephen Holden of *New York Times* , the song is a " lovelorn lament with a realistic twist " . He noted that , through the verses , the singer congratulates herself for breaking up with an abusive boyfriend and admits that she is still in love .

= Reception =

The song garnered mainly positive reviews from critics . Craig Lytle of *Allmusic* noted that Houston 's voice " sailed " through the song . Christopher John Farley of *TIME* commented Houston " particularly held her own " , with a " masterly balance of pop , zip , and soulful melancholy " . Steve Knopper of *Newsday* wrote : " It 's lower @-@ key and the singer , who also stars in the film , doesn 't feel compelled to perform constant vocal feats . " A writer for *Boston Herald* noted that the song was " understated " . Similarly , Larry Flick of *Billboard* commented that the song should have been released as the follow @-@ up to " *Exhale (Shoop Shoop)* " . " Paired with Babyface , Houston is positively luminous on [this] heartbreak ballad , performing with a perfect blend of theatrical melodrama and guttural soul , " he added . Deborah Wilker of *South Florida Sun @-@ Sentinel* was mixed in her review commenting that the song was a " predictably histrionic follow @-@ up " to " *Exhale (Shoop Shoop)* " . But , Nick Krewen of *The Spectator* was even less enthusiastic , writing " [...] the two guaranteed [Whitney Houston] hits ? ' *Exhale (Shoop Shoop)* ' and ' *Why Does It*

Hurt So Bad ' ? don 't really offer anything new . " Similarly , Cary Darling of Rome News @-@ Tribune gave a negative review . She noted that " [the] ballad ' Why Does It Hurt So Bad ' is [more] standard Whitney @-@ fare " .

Released as the seventh and final single from the Waiting to Exhale : Original Soundtrack Album , the song debuted at number 60 on the Billboard Hot 100 , on the issue dated August 3 , 1996 . On the same issue , the song debuted at number 34 on the Hot R & B / Hip @-@ Hop Singles chart . The song later reached a peak of number 26 on the Hot 100 , and 22 on the R & B / Hip @-@ Hop Singles chart . It also reached number six on the Adult Contemporary chart , while reaching a peak of 39 on the Adult Pop Songs chart . In Canada , the song debuted at number 98 on the RPM Singles chart , on the July 22 , 1996 issue . Later , on the September 15 , 1996 issue , it reached a peak of number 45 .

= = Music video and live performances = =

The song was not promoted through an official music video , although Houston appeared at the 1996 MTV Movie Awards held at Walt Disney Studios , Burbank and performed " Why Does It Hurt So Bad " . The performance was directed and taped by Bruce Gowers and was later used as a promotional clip to accompany the song . The performance features Houston sitting on a chair , wearing a white outfit , and singing the song .

Houston performed the song on her My Love Is Your Love World Tour , in 1999 . The song was performed as a part of the " Movie Medley " , along with " I Believe in You and Me " , " It Hurts Like Hell " , originally performed by Aretha Franklin , and " I Will Always Love You " . This performance was taped in Sopot , Poland , on August 22 , 1999 and broadcast on Polish television channel , TVP1 .

= = Track listing = =

= = Credits and personnel = =

Retrieved from CD liner notes

= = Charts = =