

= Confessions of a Broken Heart ( Daughter to Father ) =

" Confessions of a Broken Heart ( Daughter to Father ) " is a song by American actress and singer @-@ songwriter Lindsay Lohan , taken from her second studio album , A Little More Personal ( Raw ) ( 2005 ) . The alternative rock song was written by Lohan as a letter to her father , Michael Lohan , who survived a car crash for which he was charged with driving under the influence of alcohol . Additional writing and production was done by Kara DioGuardi and Greg Wells , while Lohan recorded the song on her trailer during the shoot of Herbie : Fully Loaded . " Confessions of a Broken Heart ( Daughter to Father ) " was first previewed at AOL Music 's First Listen on September 30 , 2005 and was sent to radio in the United States on October 18 , 2005 by Casablanca Records as the first single from the album .

" Confessions of a Broken Heart ( Daughter to Father ) " received mixed reviews from music critics , who praised Lohan 's conviction on the song , but considering it a cliché " I @-@ hate @-@ you @-@ Daddy " lament . The song achieved mild commercial success , peaking at number 7 in Australia , number 74 in Austria , number 14 on the United States Hot Digital Songs , and at number 57 on Billboard Hot 100 . An accompanying music video , directed by Lohan herself , portrays the singer and her actual sister , Ali , listening to her parents arguing and fighting in the living room of their home . " Confessions of a Broken Heart ( Daughter to Father ) " was performed by Lohan at the American Music Awards of 2005 .

= = Background and composition = =

" Confessions of a Broken Heart ( Daughter to Father ) " was written by Lohan as a letter to her father , Michael Lohan , who was incarcerated in June 2005 after surviving a car crash for which he was charged with driving under the influence of alcohol . Additional writing and song production was done by Greg Wells and Kara DioGuardi , who revealed , " If you solo the vocals you 'll hear race cars , because we brought the studio to [ Lindsay 's ] trailer on Herbie : Fully Loaded . I 'm not kidding ! She had no time to do the record , so she would be on her lunch break , and I 'd be like , ' Throw that thing down your throat and get over here , ' cause we got to finish these vocals ! ' So I sat for 14 hours on the set and would grab her for , like , 10 minutes at a time . The poor girl . That 's the reality of young Hollywood . When they 're hot , they 're worked to death . It was 18 / 20 @-@ hour days . ... And I swear : ' Vroom ! Vroom ! ' You can hear it in the back . " " Confessions of a Broken Heart ( Daughter to Father ) " was first previewed at AOL Music 's First Listen on September 30 , 2005 , and was sent to mainstream radio in the United States on October 18 , 2005 , as the lead single from A Little More Personal ( Raw ) . The song was released digitally in the United States on November 8 , 2005 , while being released internationally on January 15 , 2006 by Casablanca Records .

" Confessions of a Broken Heart ( Daughter to Father ) " is a alternative rock song that lasts for three minutes and 41 seconds . According to the digital music sheet published at Musicnotes.com , the song is composed in the key of G ? minor and is set in time signature of common time with a tempo of 120 beats per minute , while Lohan 's vocal range spans from F ? 3 to D ? 5 . When asked about the lyrical content of the song , Lohan revealed , " A lot of people go through family issues , abuse and that kind of thing . I think it 's important to show that other people go through it . [ ... ] I hope [ my father ] see what I say in the song is , ' I love you , ' so many times , that I need him and the crazy things in my life . I hope he sees the positive side of the video rather than the negative . The video is kind of offensive , but it is very raw . He 's my father . I need someone to walk me down the aisle when I get married . " The single 's b @-@ side , " My Innocence " , features a similar message to Lohan 's father .

= = Reception = =

= = = Critical reception = = =

" Confessions of a Broken Heart ( Daughter to Father ) " received mixed reviews from music critics . Brian Hiatt of Rolling Stone noted " the album de @-@ emphasizes the ( very ) guilty pop pleasures of her 2004 debut in favor of leaden I @-@ hate @-@ you @-@ Daddy laments such as " Confessions of a Broken Heart " and " My Innocence " . Entertainment Weekly writer Leah Greenblatt commented that " it 's hard to imagine a more explicit snapshot of the highly publicized family problems that have plagued the star than " Confessions of a Broken Heart ( Daughter to Father ) " " . PopMatters 's Whitney Strub said " Confessions of a Broken Heart ( Daughter to Father ) " " immediately commences with a line about ' wait [ ing ] for the postman to bring me a letter ' , which suggests songwriters dipping into the well of cliché without worrying about freshness , " while commenting that " the world might not need another version of Britney Spears ' ' E @-@ Mail My Heart ' , but good lord , that song came out in 1999 . Perhaps a text @-@ message might arrive faster than snail @-@ mail in late 2005 , should Lohan 's song @-@ persona deign to enter the 21st century " .

= = = Chart performance = = =

" Confessions of a Broken Heart ( Daughter to Father ) " achieved mild commercial success around the world , including reaching number seven in Australia on the week of its debut on chart . The song spent 13 weeks on the chart , peaking at number 45 on the last . In Austria , the song reached number 74 on the week of March 24 , 2006 . In the United States , the song peaked at number 14 on Hot Digital Songs on the week of December 3 , 2005 , while reaching number 57 on Billboard Hot 100 on the week of December 24 , 2005 , becoming her first and only single to chart on the Hot 100 in the US .

= = Music video = =

The music video for " Confessions of a Broken Heart ( Daughter to Father ) " was directed by Lohan in Chelsea , Manhattan , New York City , and references her father Michael 's alcoholism and alleged domestic abuse . Tommy Mottola , head of Casablanca Records , revealed that no one could direct the video better than Lohan herself , who said to the singer , " ' No one knows this song better than you , no one knows this situation better than you . ' It 's a lot to take on , but I told her she 's ready , and we 'll give her all the support she needs " . Lohan said that the video 's storefront setting was chosen because , in her words , " my life is on display " . The singer also wanted to break a mirror during the bathroom scenes , because she wanted to show her real feelings in the music video . Assistant director Jeb Bryan said to Lohan , " This is real glass , Lindsay . We weren 't prepared for you to break these things . [ ... ] Do you want this slow motion ? " She responded , " Regular frame will make it more violent . [ ... ] I don 't want it to be too pretty " . The music video was first aired on MTV 's Making the Video , and later released to iTunes Store on October 25 , 2005 .

In the video , Lohan hides in the bathroom and prays a rosary as her parents , Michael and Dina ( played by Drake Andrew and Victoria Hay , respectively ) , argue and fight in the living room . Her sister , Ali ( who plays herself , according to Lohan ) , goes to her bedroom after coming home from ballet class , breaks into tears , saying a rosary . The three rooms are shown behind a department store window , outside which a crowd of observers form . At the end of the video , Lohan stands behind the glass and photographs of memories fly up onto it , from which she breaks out . As a response to the music video , Michael Lohan wrote a letter to the New York Daily News , saying , " while I always considered and expressed how truly blessed Lindsay , as well as my other children are , I never realized how blessed I am to have a daughter as amazing as Lindsay . Hold onto my shirt honey , soon enough you 'll be able to hold on to me ! "

= = = Critical reception = = =

The music video for " Confessions of A Broken Heart ( Daughter to Father ) " received widespread

critical acclaim with some calling it one of the greatest heartbreaking music videos of all time . When reviewing the video , VH1 stated that " ? Daddy issues ? is an understatement when it comes to this melodramatic ? and we admit , effective ? clip . "

= = Track listings = =

CD single

" Confessions of a Broken Heart ( Daughter to Father ) " ? 3 : 41

" Confessions of a Broken Heart ( Daughter to Father ) " ( Dave Audé Remix ) ? 4 : 45

" My Innocence " ? 4 : 19

" Confessions of a Broken Heart ( Daughter to Father ) " ( Music Video )

Digital download

" Confessions of a Broken Heart ( Daughter to Father ) " ? 3 : 41

" Confessions of a Broken Heart ( Daughter to Father ) " ( Dave Audé Remix ) ? 4 : 45

" My Innocence " ? 4 : 19

= = Charts = =