

= Breaking Point (Keri Hilson song) =

" Breaking Point " is a song performed by American recording artist Keri Hilson from her second studio album , No Boys Allowed (2010) . Mosley Music Group and Interscope Records released it as the album 's lead single on September 7 , 2010 . The song was written by Timbaland , Jerome " J @-@ Roc " Harmon , Hilson and Timothy " Attitude " Clayton , and produced by Timbaland with assistance from Harmon . According to Hilson , " Breaking Point " was inspired by women 's experiences of tolerating too much from their partner and enduring their lies . The song is about a breaking point when a woman is tired of being neglected and exploited by her partner , whose many excuses are no longer accepted .

" Breaking Point " is a mid @-@ tempo R & B ballad that incorporates elements of pop and soul music . It features guitar , kick drum , organ , percussion and piano instrumentation . The song received generally positive reviews from music critics , who commended its empowering message and Timbaland 's production . In the United States , " Breaking Point " peaked at number 44 on the Hot R & B / Hip @-@ Hop Songs chart and bubbled under the Billboard Hot 100 at number 17 . Bryan Barber directed the ballad 's accompanying music video , which is primarily set at a beauty salon with Hilson and her girlfriends .

= = Writing and inspiration = =

" Breaking Point " was written by Timbaland , Jerome " J @-@ Roc " Harmon , Keri Hilson and Timothy " Attitude " Clayton . In an interview with Ian Drew of DailyFill , Hilson explained that inspiration for writing the song came from women 's experiences , including " being lied to and tolerating too much " from their partner . She elaborated on its theme during a radio interview , stating : " The song is about that breaking point that every woman gets to when the excuses given by boys are no longer accepted . If you 're not man enough to step to the plate , then keep it moving . " The song shares its theme with " The Way You Love Me " as both songs are about " women coming to terms with what they need from a relationship " . The " powerful " meaning of the two songs was personal to Hilson and she hoped that it would have the same effect on listeners . In an interview for WTAM , Hilson elaborated on " Breaking Point " and its theme :

I 'm a loyal woman , and a lot of girls are . That causes us sometimes to take [bullshit] a little more than we should . I think women needed to hear ? obviously I 'm speaking from personal experience and that of my close friends as well ? but I think other women needed to hear that you can only take so much . Eventually you 're gonna reach your breaking point .

Timbaland produced " Breaking Point " with assistance from Harmon . Chris Godbey mixed the track and recorded Hilson 's vocals together with Bryan " The Beard " Jones , with assistance from Ghazi Hourani ; both these tasks were done at The Record Plant in Hollywood , California . Hilson arranged the recorded vocals and produced them with Veronika " V " Bozeman , who also performed background vocals . Chris Gerhinger mastered the song at Sterling Sound in New York City .

= = Composition = =

" Breaking Point " is a mid @-@ tempo R & B ballad that features elements of pop and soul music . Instrumentation is provided by a guitar , kick drums , an organ , percussion and a piano . It is also backed by doo @-@ wop beats , finger snaps and cooing backup vocals . Lyrically , the song speaks of a woman 's breaking point and Hilson " voices the frustration " of women who are being neglected and exploited by men . In the chorus , she sings : " Every woman has a breaking point , y 'all / Hey , I know you know , some women can be lied to , cheated on and beat on / Somebody know , hey , every woman has a breaking point , y 'all . " According to Sara D. Anderson of AOL Radio , Hilson vocally incorporates an " improvisational gospel style . MTV Buzzworthy writer Chris Ryan compared Hilson 's vocals with Mary J. Blige 's , particularly in Blige 's cover of " I 'm Going Down " (1995) . Halfway through " Breaking Point " , Hilson talks about " the need for each woman

to reclaim her life " in a spoken @-@ word interlude , during which she mimics Blige , according to Ken Capobianco of The Boston Globe . Hilson phrases : " Now ladies , we really should be mad at ourselves , cause see , some women just tolerate too damn much . Huh ! "

= = Release = =

" Breaking Point " premiered on August 18 , 2010 , on the urban radio station V @-@ 103 in Atlanta . It was selected as the album 's lead single to showcase Hilson sans featured acts . In an interview , Hilson elaborated on the decision : " Timbaland and Polow [da Don] knew that even though I 've been known for club records , guest features and collaborations , I am a true R & B lover ... [We chose the song] for many reasons ... We knew it wouldn 't grow as fast or even be as big a record as some of my past [singles] ... We wanted to showcase me by myself , feature @-@ less , and we wanted to reveal that I can sing , and really connect with my music and my message . We felt that was the best introduction to No Boys Allowed . " Mosley Music Group and Interscope Records released the single via digital distribution in the United States on September 7 , 2010 . It was later sent to urban adult contemporary radio on October 25 , 2010 , while the album 's second single , " Pretty Girl Rock " , was classified for contemporary hit radio the same week .

= = Reception = =

= = = Critical reception = = =

" Breaking Point " received generally a positive response from music critics . Newsday 's Glenn Gamboa described it as a " gorgeous girl @-@ group @-@ influenced " song and commended Timbaland 's " remarkably non @-@ bleepy @-@ bloopy production " . Mariel Concepcion of Billboard observed that the song is a release for women who are " being mistreated and unappreciated " by their men , but are unable to " speak up for themselves " . She viewed the single as an " empowering wake @-@ up call [that] encourag [es] women to stop putting up with the abuse " . Concepcion likened the lyrics to Melanie Fiona 's " Give It to Me Right " (2009) and Beyoncé Knowles ' " Why Don 't You Love Me " (2010) . In his review of No Boys Allowed , Matthew Horton of BBC Music remarked that the slower songs " house some of the nicer touches " . Horton praised Timbaland 's production throughout the album , particularly on " Breaking Point " due to its " En Vogue @-@ y harmonies [and] oriental music box refrain " . Ben Ratliff of The New York Times regarded the song as " far better " than " Pretty Girl Rock " , and Los Angeles Times critic Margaret Wappler deemed it as " sticky and finessed " .

Lauren Carter of Boston Herald recommended " Breaking Point " as downloadable , and Neil Miller , Jr. of UR Chicago called it one of " the finest cuts of genuine R & B out there right now " . Chris Ryan of MTV Buzzworthy called the song " beautiful " and wrote , " While the music has all the squiggly , burping and buzzing percussion sound effects of your typical [Timbaland] track , it also has a lovely Prince @-@ like melody . " The Guardian 's Caroline Sullivan regarded it as " deceptively sugary [and] trilling " and commented that it " does observe that some women ' tolerate too damn much ' , but it 's easily missed " . Karen Tye of The Advertiser was mixed and felt that Hilson " invokes " Knowles on " Breaking Point " , writing that she " needs to work on establishing her own distinct voice " . Negative reviews came from Rob Sheffield of Rolling Stone , who named it as one of the album 's " failed attempts at pop crossover " , and IGN 's Chad Grischow , who viewed the ballad as " fed @-@ up " . Grischow criticized the production for " clumsily " attempting to mix Motown vocals with voice @-@ box guitars and organs .

= = = Chart performance = = =

In the United States , " Breaking Point " debuted at number 87 on the Hot R & B / Hip @-@ Hop Songs chart in the issue dated September 25 , 2010 . The following week , it rose 15 positions to

number 72 , and ultimately peaked at number 44 in the issue dated November 20 , 2010 . The song remained on the chart for a total of 18 weeks ; its last appearance was in the issue dated January 22 , 2011 . " Breaking Point " did not enter the Billboard Hot 100 , but reached number 17 on the Bubbling Under Hot 100 Singles chart in the issue dated November 27 , 2010 .

= = Music video = =

The accompanying music video for " Breaking Point " was directed by Bryan Barber and shot on location in Atlanta , Georgia , in early @-@ September 2010 . Some scenes were shot on Auburn Avenue , a street in Atlanta . Director Barber noted the " Southern harmony " of the song , which he wanted to capture in the video . According to Hilson , her character in the clip realizes that she has reached her breaking point and attempts to get over what happened the night before by spending the day with her girlfriends . An unofficial version of the video originally leaked online on September 23 , 2010 , before the official edit premiered on October 4 on BET 's 106 & Park . It was later made available for download on the iTunes Store on October 6 , 2010 , in the United States .

The video begins with Hilson lounging in her bed . Upset by her partner , she walks over to the closet and rips down all of his clothes . The video then cuts to Hilson sitting in a chair at a beauty salon , where she gets a new haircut and dyes her hair from black to blonde . She later begins a choreographed routine with her girlfriends , who appear to also have been mistreated by their men . The women then march down Auburn Avenue before they head home to throw their men 's clothes off the balcony . The video received mixed to positive reviews . Chris Ryan of MTV Buzzworthy was positive and called it a " beautifully shot portrait of a woman on the edge of a nervous breakdown " , and The Fader writer Julianne Escobedo Shepherd regarded it as an accurate representation of how women act when they are " wronged by dudes " . On the other hand , Robbie Daw of Idolator deemed it tiresome , calling it a " visual snoozefest " . He wrote , " [Hilson] goes to a salon , orders up Rihanna 's Rated R haircut and sasses men who are wrongin ' the ladies . Hey , girls ? her love has a limit ! But so does our patience for this [video] . "

= = Track listing = =

Digital single

" Breaking Point " ? 4 : 15

= = Credits and personnel = =

Recording

Recorded at The Record Plant , Hollywood , California

Personnel

Credits are adapted from the No Boys Allowed booklet .

= = Charts = =

= = Release history = =