

Scarlett Macfarlane Balances Raw Vulnerability and Pop-Rock Power on "Sorry"

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Scarlett Macfarlane shares her latest single, "**Sorry**," a deeply personal and emotionally charged pop-rock single that leans into themes of regret, self-reflection, and the complicated path toward forgiveness. Balancing pensive introspection with soaring, cathartic release, "**Sorry**" captures the weight of late-night thoughts and the quiet courage it takes to face them head-on.

"I wrote the song based on a bad night's sleep due to some negative inner voices and an overactive mind," **Scarlett** explains. "I wanted to be vulnerable about my inner demons and hope that anyone who heard it could feel seen, feel safe to recognize that we all make mistakes, big and small, and join me in the journey of self-acceptance." Originally titled "Regret," the song evolved into something more direct and universal. "It was always an apology: to others, to the world, to myself."

Listen to "**Sorry**" [HERE](#). Watch the official music video [HERE](#).

What makes "**Sorry**" especially striking is its duality: a song that feels both humbling and empowering in equal measure. While it confronts the discomfort of accountability, it also embraces the strength required to be honest without

diminishing one's own experience. That tension runs throughout the track, building from hushed vulnerability into a powerful, full-bodied release.

The recording process itself mirrored that emotional intensity. "I wrote the first draft of this song in my car crying outside my gym," **Scarlett** shares. "Recording it was liberating. Making the voices I heard in my head exist in real life was profound." Those voices remain embedded in the song's DNA; most notably in the layered, whispered intro where fragments of real, unspoken apologies are woven into the texture as a deeply personal and largely hidden detail.

Sonically, "**Sorry**" blends alt-pop sensitivity with pop-rock weight, gradually expanding into a dynamic, emotionally charged arrangement. The track's final moments deliver a powerful sense of release, with **Scarlett**'s vocal performance reaching a place that feels both unfiltered and transformative. "Belting out that last chorus really is like therapy every single time," she says.

• "**SORRY**" ASSETS – [DOWNLOAD](#) •

The voices are the speakers of regret



SCARLETT MACFARLANE PRESS PHOTO – [DOWNLOAD](#)

If **Scarlett Macfarlane**'s story were a song, it wouldn't begin at verse one. It would start after the chorus, after the breakdown, after the silence. Having performed in glossy pop productions in her teens and later as the front-woman of an angst-fuelled rock band, **Scarlett** now arrives at a defining moment as she writes and performs entirely from her own perspective.

After writing more than 100 songs in a single year, **Scarlett** distilled the most honest and resonant pieces into a collection that reflects every side of her artistry. Produced by **Grammy-winning** producer **Scott Jacoby**, her music resists easy categorization, moving fluidly between pop, rock, and alternative influences while staying grounded in emotional truth.

At its core, “**Sorry**” embodies the principles that define **Scarlett**’s work: honesty, vulnerability, and connection. It’s not just an apology. It’s an invitation for listeners to sit with their own experiences, to acknowledge their imperfections, and to find a way forward with compassion.

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Contact [Adam Bentley](#) @ **Echo Myron**
for more information on [Scarlett Macfarlane](#).