**Family Law Toolkit for Survivors**

**The Domestic Violence & Mental Health Collaboration Project**



**Songs for Surviving the Family Law Process Template**

Listening to music is an effective way to distract yourself and to improve your mood. Music has been shown to decrease anxiety and depression. It also decreases the level of cortisol, a stress hormone in your body. Music can be motivational, driving you forward when you feel like giving up.

This handout provides a list of songs selected to help you throughout the family law process. They are chosen for many reasons—some songs are motivating, others relaxing, some may just bring a smile to your face. The lyrics of these songs are about surviving and connecting with your inner strength.

We chose a range of musical styles, so you can pick the songs that resonate most with you. You may also want to add your own favorites to this list. You can listen when you are feeling stressed, on your way to or from court, or daily as part of your self-care.

For additional suggestions about reducing your stress and taking care of yourself throughout this process, check out the [Coping Skills](http://endgv.org/toolkits/family-law-toolkit-for-domestic-violence-survivors/) handout, speak with a domestic violence advocate insert a link to DV Advocacy Resources or see a mental health service provider insert a link to mental health treatment resources.

“For me, music helps me cope. Music helps me when I am sad, happy, and even angry. I also use some songs to remind me that I am strong and capable and deserve the best life has to offer.”

“Music helps me relax and I relate to the words in many songs. When I feel unbalanced in any way, I pop in a CD or turn on the radio and listen my way into a more peaceful existence.”

“I love to dance. I dance when I am overly emotional because it helps me calm down. The music I play when I dance depends on my mood. Music reminds me that I am not alone, I did not invent these situations, and that there is a solution even if it is to dance.”

- Domestic violence survivors

**Song List Overview**

Below are selections from each song and a brief explanation as to why we chose each one. You can click on the song name or scroll down to see the full lyrics of each song. [**Complete Song Lyrics**](#CompleteLyrics)

[**A Little Bit Stronger**](#ALittleBitStronger) **– Sara Evans**

🎜 I'm telling myself I'll be okay. Even on my weakest days, I get a little bit stronger.🎜

This country ballad describes building strength day by day while letting go of a failed relationship. Things may be rough right now, but you will get stronger.

[**Beautiful**](#Beautiful) **– Christina Aguilera**

🎜 The sun will always shine… words can't bring us down 🎜

Pop star Christina Aguilera sends a simple yet powerful message in this 2002 hit that no matter how hard times become, you are beautiful, and you never need to give up.

[**Brave**](#Brave) **– Sara Bareilles**

🎜 Say what you wanna say, and let the words fall out… I wanna see you be brave. 🎜

This 2013 pop tune encourages you to communicate your thoughts and feelings. If you need to summon your courage before going to court, this song is good choice.

[**Feeling Good**](#FeelingGood) **– Nina Simone**

🎜 It's a new dawn, it's a new day, it's a new life for me, and I'm feelin' good. 🎜

Jazz great Nina Simone sings this classic from the 1960’s. It is an uplifting, powerful song about joy, freedom, and new beginnings. It feels good!

[**I am Woman**](#IAmWoman) **– Helen Reddy**

🎜 If I have to, I can face anything. I am strong, I am invincible, I am woman. 🎜

Australian pop singer Helen Reddy sings this feminist anthem from the 1970’s. It is an upbeat song about personal empowerment and the strength of women.

[**I Like The Things About Me**](#ILikeTheThingsAboutMe) **– Mavis Staples**

🎜 I like the things about me; I like the things about me that I once despised 🎜

Blues and gospel singer and civil rights activist Mavis Staples sings this funk/soul style song about self-respect and feeling good about yourself.

[**I Will Not Be Broken**](#IWillNotBeBroken) **- Bonnie Raitt**

🎜 You can hold me but you can’t hold what’s within 🎜

A bluesy, rock, country song about withstanding someone else’s attempts to change or harm you. Be true to yourself.

[**I Will Survive**](#IWillSurvive) **– Gloria Gaynor**

🎜 I’ve got all my life to live, I’ve got all my love to give, and I’ll survive 🎜

A disco song from the 1970’s that remains one of Gloria Gaynor’s top hits today. It’s about having the will to move on and to survive after heartbreak.

[**It’s My Life**](#ItsMyLife) **– Bon Jovi**

🎜 It’s now or never, I ain’t gonna live forever, I just want to live while I’m alive 🎜

This rock song by 80’s hair metal band Bon Jovi is all about taking control of your life. It gets you on your feet and ready for action.

[**Jar of Hearts**](#JarOfHearts) **– Christina Perri**

🎜 I have grown too strong to ever fall back into your arms 🎜

In Christina Perri’s debut single, she sings about refusing to return to a broken relationship. This simple piano and string ballad evokes a quiet sense of strength.

[**Let It Go**](#LetItGo) **– Idina Menzel**

🎜 Let it go, let it go; And I’ll rise like the break of dawn 🎜

This song from the Disney film *Frozen* is about letting go of ideas about what you should be and embracing the freedom to be yourself without fear or limits.

[**Listen**](#Listen) **– Beyoncé**

🎜 The time has come for my dreams to be heard. They will not be pushed aside 🎜

Pop icon Beyoncé sings this soul/R&B song from *Dreamgirls*. It is a passionate song about independence, prioritizing yourself, and not giving up on your dreams.

[**Shake it Out**](#ShakeItOut) **– Florence + The Machine**

🎜 It's always darkest before the dawn 🎜

English Indie rock singer Florence Welch sings about the vulnerability of heartbreak and the possibilities of renewal. After court, you might want to *shake it out*.

[**The Show Must Go On**](#TheShowMustGoOn) **– Queen**

🎜 I have to find the will to carry on…on with the show 🎜

This song is about the lead singer of Queen continuing to perform as he was dying of AIDS. It is about finding the will and courage to keep going in the face of adversity.

[**Sisters are Doin’ it for Themselves**](#Sisters) **– Eurythmics**

🎜 Sisters are doin' it for themselves. Standin' on their own two feet. 🎜

This pop song celebrates the progress women have made in our society. Women are everywhere, can do anything, and do not have to hide behind a man. Inspiring!

[**Strength, Courage & Wisdom**](#Strength) **– India.Arie**

🎜 Strength, courage, and wisdom, and it's been inside of me all along 🎜

This 2001 R&B song by Grammy award winner India.Arie is a soothing and positive reminder of the strength, courage, and wisdom within each of us.

[**Stronger (What Doesn’t Kill You)**](#Stronger) **– Kelly Clarkson**

🎜 You know I dream in colour, And do the things I want 🎜

This pop rock dance tune is about growing stronger by facing life’s challenges. Although the family law system can be challenging, you can come out of it stronger.

[**Try**](#TryPink) **– Pink**

🎜 Just because it burns doesn't mean you're gonna die; You've gotta get up & try🎜

This contemporary pop rock ballad urges us to try even when pain tempts us to quit. If you are struggling to get out of bed, Pink will sing to you, “You’ve gotta get up.”

These songs are available for download on Spotify at <http://open.spotify.com/user/mhdvcollab/playlist/7cUPRy3IcKn2CpDteYGcIJ>.

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This tool was adapted from the Domestic Violence and Mental Health Collaboration Project’s Family Law Toolkit for Survivors. The original version of this tool can be found at <http://endgv.org/toolkits/family-law-toolkit-for-domestic-violence-survivors/>.



**Complete Song Lyrics**

**A Little Bit Stronger- Sara Evans**

Woke up late today, and I still feel the sting of the pain.

But I brushed my teeth anyway, got dressed through the mess and put a smile on my face.

I got a little bit stronger.

Riding in the car to work, and I'm trying to ignore the hurt. So I turned on the radio, Stupid song made me think of you, I listened to it for minute, but then I changed it. I'm getting a little bit stronger, just a little bit stronger.

And I'm done hoping that we can work it out, I'm done with how it feels, spinning my wheels

Letting you drag my heart around.

And ohhh

I'm done thinking, that you could ever change. I know my heart will never be the same, but I'm telling myself I'll be okay. Even on my weakest days, I get a little bit stronger.

Doesn't happen over night, but you turn around and a months gone by,

And you realize you haven't cried.

I'm not giving you a hour or a second or another minute longer. I'm busy getting stronger.

And I'm done hoping that we can work it out, I'm done with how it feels, spinning my wheels

Letting you drag my heart around.

And ohhh

I'm done thinking, that you could ever change. I know my heart will never be the same, but I'm telling myself I'll be okay. Even on my weakest days, I get a little bit stronger.

I get a little bit stronger.

Getting along without you baby,

I'm better off without you baby,

How does it feel with out me baby?

I'm getting stronger without you baby.

And I'm done hoping that we can work it out, I'm done with how it feels, spinning my wheels

Letting you drag my heart around.

And ohhh

I'm done thinking, that you could ever change. I know my heart will never be the same, but I'm telling myself I'll be okay, Even on my weakest days, I get a little bit stronger.

I get a little bit stronger.

I'm just a little bit stronger.

A little bit, a little bit, a little bit stronger. I get a little bit stronger

Writers: Hillary Lindsey, Luke Robert Laird

Copyright: High Powered Machine Music, Emi Foray Music, BMG Gold Songs, Hillary

Dawn Songs, Universal Music – Careers

**Beautiful- Christina Aguilera**

Don't look at me

Every day is so wonderful

Then suddenly it's hard to breathe.

Now and then I get insecure

From all the pain, I'm so ashamed.

I am beautiful no matter what they say.

Words can't bring me down.

I am beautiful in every single way.

Yes, words can't bring me down... Oh no.

So don't you bring me down today.

To all your friends you're delirious,

So consumed in all your doom.

Trying hard to fill the emptiness.

The pieces gone, left the puzzle undone.

is that the way it is?

You are beautiful no matter what they say

Words can't bring you down....oh no

You are beautiful in every single way

Yes, words can't bring you down, oh, no

So don't you bring me down today...

No matter what we do

(no matter what we do)

No matter what we say

(no matter what we say)

We're the song inside the tune

Full of beautiful mistakes

And everywhere we go

(and everywhere we go)

The sun will always shine

(the sun will always, always shine)

And tomorrow we might wake on the other side

We are beautiful no matter what they say

Yes, words won't bring us down, no, no

We are beautiful in every single way

Yes, words can't bring us down, oh, no

So don't you bring me down today

Oh, yeah, don't you bring me down today, yeah, ooh

Don't you bring me down ooh... today

Writers: Calvin Broadus, Pharrell Williams, Chad Hugo, Daniel Powter, Linda Perry,

John Eugene Wesley

Copyright: 360 Music, Songs Mp O.B.O. Pharrell Williams, Stuck In The Throat Music,

Jada Loves Daddys Musik, Song 6 Music, Sony/ATV Harmony

**Brave- Sara Bareilles**

You can be amazing

You can turn a phrase into a weapon or a drug

You can be the outcast

Or be the backlash of somebody’s lack of love

Or you can start speaking up

Nothing’s gonna hurt you the way that words do

When they settle ‘neath your skin

Kept on the inside and no sunlight

Sometimes a shadow wins

But I wonder what would happen if you

Say what you wanna say

And let the words fall out

Honestly I wanna see you be brave

With what you want to say

And let the words fall out

Honestly I wanna see you be brave

I just want to see you

I just wanna see you

I just wanna see you

I wanna see you be brave x 2

Everybody’s been there,

Everybody’s been stared down by the enemy

Fallen for the fear

And done some disappearing,

Bow down to the mighty

Don’t run, just stop holding your tongue

Maybe there’s a way out of the cage where you live

Maybe one of these days you can let the light in

Show me how big your brave is

Say what you wanna say

And let the words fall out

Honestly I wanna see you be brave

With what you want to say

And let the words fall out

Honestly I wanna see you be brave

And since your history of silence

Won’t do you any good,

Did you think it would?

Let your words be anything but empty

Why don’t you tell them the truth?

Say what you wanna say

And let the words fall out

Honestly I wanna see you be brave

With what you want to say

And let the words fall out

Honestly I wanna see you be brave

I just wanna see you

I just wanna see you

I just wanna see you

I wanna see you be brave x 2

I just wanna see you

I just wanna see you

I just wanna see you x 2

Writers: Sara Bareilles, Jack Antonoff

Copyright: Sony/ATV Songs LLC, Ducky Donath Music, Tiny Bear Music, Sony/ATV

Tunes LLC

**Feeling Good** **– Nina Simone**

Birds flyin' high, you know how I feel

Sun in the sky, you know how I feel

Breeze driftin' on by, you know how I feel

It's a new dawn, it's a new day, it's a new life for me.

Yeah, it's a new dawn, it's a new day, it's a new life for me, ooooooooh...

And I'm feelin' good.

Fish in the sea, you know how I feel

River runnin' free, you know how I feel

Blossom on the tree, you know how I feel

It's a new dawn, it's a new day, it's a new life for me,

And I'm feelin' good

Dragonfly out in the sun, you know what I mean, don't you know,

Butterflies all havin' fun, you know what I mean.

Sleep in peace when day is done: that's what I mean,

And this old world is a new world and a bold world for me...

Stars when you shine, you know how I feel

Scent of the pine, you know how I feel

Yeah, freedom is mine, and I know how I feel..

It's a new dawn, it's a new day, it's a new life for me

And I'm feelin'... good.

Writers: Anthony Newley, Leslie Bricusse

Copyright: Musical Comedy Productions Inc.

**I am Woman** **- Helen Reddy**

I am woman, hear me roar

In numbers too big to ignore

And I know too much to go back an' pretend

'cause I've heard it all before

And I've been down there on the floor

No one's ever gonna keep me down again

Oh yes I am wise

But it's wisdom born of pain

Yes, I've paid the price

But look how much I gained

If I have to, I can do anything

I am strong (strong)

I am invincible (invincible)

I am woman

You can bend but never break me

'cause it only serves to make me

More determined to achieve my final goal

And I come back even stronger

Not a novice any longer

'cause you've deepened the conviction in my soul

I am woman watch me grow

See me standing toe to toe

As I spread my lovin' arms across the land

But I'm still an embryo

With a long long way to go

Until I make my brother understand

Oh yes I am wise

But it's wisdom born of pain

Yes, I've paid the price

But look how much I gained

If I have to I can face anything

I am strong (strong)

I am invincible (invincible)

I am woman

Oh, I am woman

I am invincible

I am strong

I am woman

I am invincible

I am strong

I am woman

Writers: Helen Reddy, Ray Burton

Copyright: Lyrics © Universal Music Publishing Group

**I Like the Things About Me - Mavis Staples**

I looked in the mirror

What did I see a brand new image

Of the same old me ohhhh

But now I wonder why should I be surprised

I like the things about me

I like the things about me

I like the things about me

I like the things about me that I once despised

There was a time

When I wished my hair was fine

And I can remember when

I wished my lips were thin

Oh but now I wonder why should I be surprised

I like the things about me

I like the things about me

I like the things about me

I like the things about me that I once despised

I like the things about me

I like the things about me

I like the things about me

I like the things about me that I once despised

Makes no difference now y'all

How you may feel

I've done reached the point

Where I wanna be real

I'm tired of living living in disguise

I like the things about me

I like the things about me

I like the things about me

I like the things about me that I once despised

I like the things about me

I like the things about me

I like the things about me

I like the things about me that I once despised

I like the things about me

I like the things about me

I like the things about me

I like the things about me that I once despised

Writers: Roebuck Staples, Martha Stubbs

Copyright: ANTI-records

**I Will Not Be Broken** **- Bonnie Raitt**

That was then this is now  
Found my way back here somehow  
Knew you'd have to let me go  
Told you once I told you so  
  
Take me down  
You can hold me but you  
Can't hold what's within  
Pull me round  
Push me to the limit  
Maybe I may bend  
But I know where I'm not going  
I will not be broken  
I will not be broken  
I will not be...  
  
Someone other than who I am  
I will fight to make my stand  
Cause what is livin' if I can't live free  
What is freedom if I can't be me  
  
Take me down  
You can hold me but you  
Can't hold what's within  
Pull me round  
Push me to the limit  
Maybe I may bend  
But I know where I'm not going  
I will not be broken  
I will not be broken  
I will not be...  
  
I won't let you near it  
I will let my spirit fly  
Fly  
High  
Oh take me down  
  
Take me down  
You can hold me but you  
Can't hold what's within  
Pull me round  
Push me to the limit  
Maybe I may bend  
But I know where I'm not going  
I will not be broken  
I will not be broken  
I will not be...

Writer: Wayne Kirkpatrick  
Copyright: Sell The Cow Music, Warner-Tamerlane Publishing Corp., Bo Cut Songs

**I Will Survive** **- Gloria Gaynor**

At first I was afraid  
I was petrified  
Kept thinking I could never live  
without you by my side  
But then I spent so many nights  
thinking how you did me wrong  
And I grew strong  
And I learned how to get along  
and so you're back  
from outer space  
I just walked in to find you here  
with that sad look upon your face  
I should have changed that stupid lock  
I should have made you leave your key  
If I had known for just one second  
you'd be back to bother me  
  
Go on now go walk out the door  
just turn around now  
'cause you're not welcome anymore  
weren't you the one who tried to hurt me with goodbye  
Did you think I'd crumble  
Did you think I'd lay down and die  
Oh no, not I  
I will survive  
Oh as long as I know how to love  
I know I will stay alive  
I've got all my life to live  
I've got all my love to give  
and I'll survive  
I will survive (hey-hey)  
  
It took all the strength I had  
not to fall apart  
kept trying hard to mend  
the pieces of my broken heart  
and I spent oh so many nights  
just feeling sorry for myself  
I used to cry  
But now I hold my head up high  
and you see me  
somebody new  
I'm not that chained up little person  
still in love with you  
and so you felt like dropping in  
and just expect me to be free  
and now I'm saving all my loving  
for someone who's loving me  
  
Go on now go walk out the door  
just turn around now  
'cause you're not welcome anymore  
weren't you the one who tried to break me with goodbye  
Did you think I'd crumble  
Did you think I'd lay down and die  
Oh no, not I  
I will survive  
Oh as long as I know how to love  
I know I will stay alive  
I've got all my life to live  
I've got all my love to give  
and I'll survive  
I will survive

Writers: Frederick J. Perren, Dino Fekaris, Nikki Sixx

Copyright: Bibo Music Publishing Inc., Universal Polygram Int. Publishing Inc.,

Polygram Int. Publishing Inc., Downtown Music Publishing International

Inc., Perrenvibes Music Inc.

**It's My Life- Bon Jovi**

This ain't a song for the broken-hearted   
No silent prayer for the faith-departed   
I ain't gonna be just a face in the crowd   
You're gonna hear my voice   
When I shout it out loud   
  
*[Chorus:]*  
It's my life   
It's now or never   
I ain't gonna live forever   
I just want to live while I'm alive   
(It's my life)   
My heart is like an open highway   
Like Frankie said   
I did it my way   
I just wanna live while I'm alive   
It's my life   
  
This is for the ones who stood their ground   
For Tommy and Gina who never backed down   
Tomorrow's getting harder make no mistake   
Luck ain't even lucky   
Got to make your own breaks   
  
*[Chorus:]*  
It's my life   
And it's now or never   
I ain't gonna live forever   
I just want to live while I'm alive   
(It's my life)   
My heart is like an open highway   
Like Frankie said   
I did it my way   
I just want to live while I'm alive   
'Cause it's my life   
  
Better stand tall when they're calling you out   
Don't bend, don't break, baby, don't back down   
  
*[Chorus:]*  
It's my life   
And it's now or never   
'Cause I ain't gonna live forever   
I just want to live while I'm alive   
(It's my life)   
My heart is like an open highway   
Like Frankie said   
I did it my way   
I just want to live while I'm alive   
  
*[Chorus:]*  
It's my life   
And it's now or never   
'Cause I ain't gonna live forever   
I just want to live while I'm alive   
(It's my life)   
My heart is like an open highway   
Like Frankie said   
I did it my way   
I just want to live while I'm alive  
'Cause it's my life!

Writer(s): Martin Gellner, Max Martin, Jon Bon Jovi, Martin Karl Sandberg, Richard Sambora, Werner Stranka  
Copyright: Sony/ATV Tunes LLC, Aggressive Music, Bon Jovi Publishing, Polygram Int. Publishing Inc., Imagem London Ltd., Austro-mechana Gmbh, Universal Polygram International Publishing

**Jar of Hearts- Christina Perri**

I know I can't take one more step towards you

'Cause all that's waiting is regret

Don't you know I'm not your ghost anymore

You lost the love I loved the most

I learned to live half alive

And now you want me one more time

And who do you think you are?

Runnin' 'round leaving scars

Collecting your jar of hearts

And tearing love apart

You're gonna catch a cold

From the ice inside your soul

So don't come back for me

Who do you think you are?

I hear you're asking all around

If I am anywhere to be found

But I have grown too strong

To ever fall back in your arms

And I've learned to live half alive

And now you want me one more time

And who do you think you are?

Runnin' 'round leaving scars

Collecting your jar of hearts

And tearing love apart

You're gonna catch a cold

From the ice inside your soul

So don't come back for me

Who do you think you are?

And it took so long just to feel alright

Remember how to put back the light in my eyes

I wish I had missed the first time that we kissed

'Cause you broke all your promises

And now you're back

You don't get to get me back

And who do you think you are?

Runnin' 'round leaving scars

Collecting your jar of hearts

And tearing love apart

You're gonna catch a cold

From the ice inside your soul

So don't come back for me

Don't come back at all

And who do you think you are?

Runnin' 'round leaving scars

Collecting your jar of hearts

Tearing love apart

You're gonna catch a cold

From the ice inside your soul

Don't come back for me

Don't come back at all

Who do you think you are?

Who do you think you are?

Who do you think you are?

**Writers:** Lawrence, Drew C./Perri, Christina Judith/Yeretsian, Barrett Noubar

**Published by** Lyrics © Warner/Chappell Music, Inc.

**Let it Go- Idina Menzel**

The snow glows white on the mountain tonight

Not a footprint to be seen

A kingdom of isolation,

And it looks like I'm the queen.

The wind is howling like this swirling storm inside

Couldn't keep it in, heaven knows I tried!

Don't let them in, don't let them see

Be the good girl you always have to be

Conceal, don't feel, don't let them know

Well, now they know!

Let it go, let it go

Can't hold it back anymore

Let it go, let it go

Turn away and slam the door!

I don't care

What they're going to say

Let the storm rage on,

The cold never bothered me anyway!

It's funny how some distance

Makes everything seem small

And the fears that once controlled me

Can't get to me at all!

It's time to see what I can do

To test the limits and break through

No right, no wrong, no rules for me I'm free!

Let it go, let it go

I am one with the wind and sky

Let it go, let it go

You'll never see me cry!

Here I stand

And here I'll stay

Let the storm rage on!

My power flurries through the air into the ground

My soul is spiraling in frozen fractals all around

And one thought crystallizes like an icy blast

I'm never going back,

The past is in the past!

Let it go, let it go

And I'll rise like the break of dawn

Let it go, let it go

That perfect girl is gone!

Here I stand

In the light of day

Let the storm rage on,

The cold never bothered me anyway!

Writers: Kristen Anderson-Lopez, Emanuel Kiriakou, Robert J. Lopez

Copyright: Wonderland Music Company Inc., Walt Disney Music Company

**Listen- Beyoncé**

Listen to the song here in my heart

A melody I start but can't complete

Listen to the sound from deep within

It's only beginning

To find release

Oh,

The time has come

For my dreams to be heard

They will not be pushed aside and turned

Into your own

All cause you won't

Listen...

Listen,

I am alone at a crossroads

I'm not at home in my own home

And I've tried and tried

To say what's on my mind

You should have known

Oh,

Now I'm done believing you

You don't know what I'm feeling

I'm more than what you made of me

I followed the voice you gave to me

But now I gotta find my own.

You should have listened

There is someone here inside

Someone I thought had died

So long ago

Oh I'm screaming out, and my dreams will be heard

They will not be pushed aside or worked

Into your own

All cause you won't

Listen...

I don't know where I belong

But I'll be moving on

If you don't...

If you won't...

...listen to the song here in my heart

A melody I've started but I will complete

Oh,

Now I'm done believing you

You don't know what I'm feeling

I'm more than what you've made of me

I followed the voice you think you gave to me

But now I gotta find my own,

My own.

Writers: Scott Cutler, Anne Preven, Beyonce Knowles, Henry Krieger, Cyndi Lauper

Copyright: Kobalt Songs Music Publishing, Sony/ATV Melody, Shigshag Music,

Williamson Music Co., Rellla Music Corp., Songs Of Skg, Scottarock Music,

Emi April Music Inc., Sony/ATV Harmony, Skg Songs

**Shake It Out- Florence + The Machine**

Regrets collect like old friends

Here to relive your darkest moments

I can see no way, I can see no way

And all of the ghouls come out to play

And every demon wants his pound of flesh; But I like to keep some things to myself; I like to keep my issues drawn

It's always darkest before the dawn

And I've been a fool and I've been blind

I can never leave the past behind

I can see no way, I can see no way

I'm always dragging that horse around

Our love is pastured, such a mournful sound; Tonight I'm gonna bury that horse in the ground

So I like to keep my issues drawn

But it's always darkest before the dawn

Shake it out, shake it out, shake it out, shake it out, ooh whoa x 2

And it's hard to dance with a devil on your back; So shake him off, oh whoa

And I am done with my graceless heart

So tonight I'm gonna cut it out and then restart

'Cause I like to keep my issues drawn

It's always darkest before the dawn

Shake it out, shake it out, shake it out, shake it out, ooh whoa x 2

And it's hard to dance with a devil on your back; So shake him off, oh whoa

And it's hard to dance with a devil on your back

And given half the chance would I take any of it back

It's a fine romance but it's left me so undone

It's always darkest before the dawn

Oh whoa, oh whoa...

And I'm damned if I do and I'm damned if I don't; So here's to drinks in the dark at the end of my road

And I'm ready to suffer and I'm ready to hope; It's a shot in the dark aimed right at my throat; 'Cause looking for heaven, found the devil in me

Looking for heaven, found the devil in me

Well what the hell I'm gonna let it happen to me, yeah

Shake it out, shake it out, shake it out, shake it out, ooh whoa x 2

And it's hard to dance with a devil on your back; So shake him off, oh whoa

Shake it out, shake it out, shake it out, shake it out, ooh whoa x 2

And it's hard to dance with a devil on your back; So shake him off, oh whoa

Writers: Paul Epworth, Thomas Edward Percy Hull, Florence Leontine Mary Welch

Copyright: Florence And The Machine Ltd., Emi Music Publishing Ltd., Universal Music

Publishing Ltd

**The Show Must Go On- Queen**

Empty spaces - what are we living for  
Abandoned places - I guess we know the score

On and on, does anybody know what we are looking for...  
Another hero, another mindless crime  
Behind the curtain, in the pantomime  
Hold the line, does anybody want to take it anymore

The show must go on,  
The show must go on  
Inside my heart is breaking  
My make-up may be flaking  
But my smile still stays on.

Whatever happens, I'll leave it all to chance  
Another heartache, another failed romance  
On and on, does anybody know what we are living for?  
I guess I'm learning, I must be warmer now  
I'll soon be turning, round the corner now  
Outside the dawn is breaking  
But inside in the dark I'm aching to be free

The show must go on  
The show must go on  
Inside my heart is breaking  
My make-up may be flaking  
But my smile still stays on

My soul is painted like the wings of butterflies  
Fairytales of yesterday will grow but never die  
I can fly - my friends

The show must go on  
The show must go on  
I'll face it with a grin  
I'm never giving in  
On - with the show -  
I'll top the bill, I'll overkill  
I have to find the will to carry on

On with the -  
On with the show -  
The show must go on...

Writer(s): John Bettis, Roger Waters, Freddie Mercury, John Deacon, Brian May, Royal C. Bannon, Roger Taylor, Lerato Molapo  
Copyright: Sweet Harmony Music Inc., Roger Waters Music Overseas Ltd., Queen Music Limited, Artemis Muziekuitgeverij B.V., Warner-tamerlane Publishing Corp., Otarel Music Cc

**Sisters Are Doin' It For Themselves- Eurythmics**

Now there was a time when they used to say  
That behind every - "great man."  
There had to be a - "great woman."  
But in these times of change you know  
That it's no longer true.  
So we're comin' out of the kitchen  
'Cause there's somethin' we forgot to say to you (we say)  
  
Sisters are doin' it for themselves.  
Standin' on their own two feet.  
And ringin' on their own bells.  
Sisters are doin' it for themselves.  
  
Now this is a song to celebrate  
The conscious liberation of the female state!  
Mothers - daughters and their daughters too.  
Woman to woman  
We're singin' with you.  
The "inferior sex" got a new exterior  
We got doctors, lawyers, politicians too.  
Everybody - take a look around.  
Can you see - can you see - can you see  
There's a woman right next to you.  
  
*[Chorus repeats]*  
  
Now we ain't makin' stories  
And we ain't layin' plans  
'Cause a man still loves a woman  
And a woman still loves a man  
(Just a same though)

Writer(s): Annie Lennox, David Allan Stewart  
Copyright: Universal Music Publishing Int. Mgb Ltd.

**Strength, Courage & Wisdom - India.Arie**

Inside my head there lives a dream that I want to see in the sun

Behind my eyes there lives a me that I've been hiding for much too long

'Cause I've been, too afraid to let it show; 'Cause I'm scared of the judgment that may follow

Always putting off my living for tomorrow

It's time to step out on faith, I've gotta show my face

It's been elusive for so long, but freedom is mine today

I've gotta step out on faith, It's time to show my face

Procrastination had me down but look what I have found, I found

Strength, courage, and wisdom

And it's been inside of me all along,

Strength, courage, and wisdom

Inside of me

Behind my pride there lives a me, that knows humility; Inside my voice there is a soul, and in my soul there is a voice

But I've been, too afraid to make a choice

'Cause I'm scared of the things that I might be missing

Running too fast to stop and listen

It's time to step out on faith, I've gotta show my face

It's been elusive for so long but freedom is mine today

I've gotta step out on faith it's time to show my face

Procrastination had me down but look what I have found, I found

Strength, courage, and wisdom

And it's been inside of me all along,

Strength, courage, and wisdom

Inside of me

I close my eyes and I think of all the things that I want to see

'Cause I know, now that I've opened up my heart I know that

Anything I want can be, so let it be, so let it be.

Strength, courage, and wisdom

It's been inside of me all along,

Strength, courage, wisdom

It's been inside of me all along, everyday I'm praying for:

Strength, courage, and wisdom

And it's been inside of me all along,

Strength, courage, and wisdom

Inside of me

Vamp

I found it in me, I found it finally

I'm sure to keep it' cause I like it, I say thank you

Writer: India Arie

Copyright: Gold & Iron Music Publishing, WB Music Corp.

**Stronger (What Doesn’t Kill You)- Kelly Clarkson**

You know the bed feels warmer

Sleeping here alone

You know I dream in colour

And do the things I want

You think you got the best of me

Think you've had the last laugh

Bet you think that everything good is gone; Think you left me broken down

Think that I'd come running back

Baby you don't know me, cause you're dead wrong

What doesn't kill you makes you stronger

Stand a little taller

Doesn't mean I'm lonely when I'm alone

What doesn't kill you makes a fighter

Footsteps even lighter

Doesn't mean I'm over cause you're gone

What doesn't kill you makes you stronger, stronger; Just me, myself and I

What doesn't kill you makes you stronger

Stand a little taller

Doesn't mean I'm lonely when I'm alone

You heard that I was starting over with someone new

They told you I was moving on over you

You didn't think that I'd come back

I'd come back swinging

You try to break me, but you see

What doesn't kill you makes you stronger

Stand a little taller

Doesn't mean I'm lonely when I'm alone

What doesn't kill you makes a fighter

Footsteps even lighter

Doesn't mean I'm over cause you're gone

What doesn't kill you makes you stronger, stronger

Just me, myself and I

What doesn't kill you makes you stronger

Stand a little taller

Doesn't mean I'm lonely when I'm alone

Thanks to you I got a new thing started

Thanks to you I'm not the broken-hearted; Thanks to you I'm finally thinking about me

You know in the end the day you left was just my beginning; In the end...

What doesn't kill you makes you stronger

Stand a little taller

Doesn't mean I'm lonely when I'm alone

What doesn't kill you makes a fighter

Footsteps even lighter

Doesn't mean I'm over cause you're gone

What doesn't kill you makes you stronger, stronger; Just me, myself and I

What doesn't kill you makes you stronger

Stand a little taller

Doesn't mean I'm lonely when I'm alone

(When I'm alone)

Writers: Gregory Kurstin, Alexandra Tamposi

Copyright: Universal Music Publishing Mgb Scandinav, Kurstin Music, Perfect Storm

Music Group AB

**Try- Pink**

Oh oh

Ever wonder about what he's doing?

How it all turned to lies?

Sometimes I think that it's better to never ask why

Where there is desire

There is gonna be a flame

Where there is a flame

Someone's bound to get burned

But just because it burns

Doesn't mean you're gonna die

You've gotta get up and try, and try, and try

Gotta get up and try, and try, and try

You gotta get up and try, and try, and try

Funny how the heart can be deceiving

More than just a couple times

Why do we fall in love so easy?

Even when it's not right

Where there is desire

There is gonna be a flame

Where there is a flame

Someone's bound to get burned

But just because it burns

Doesn't mean you're gonna die

You've gotta get up and try, and try, and try

Gotta get up and try, and try, and try

You gotta get up and try, and try, and try

Ever worry that it might be ruined

And does it make you wanna cry?

When you're out there doing what you're doing

Are you just getting by?

Tell me are you just getting by, by, by?

Where there is desire

There is gonna be a flame

Where there is a flame

Someone's bound to get burned

But just because it burns

Doesn't mean you're gonna die

You've gotta get up and try, and try, and try

Gotta get up and try, and try, and try

You gotta get up and try, and try, and try

Gotta get up and try, and try, and try

Gotta get up and try, and try, and try

You gotta get up and try, and try, and try

Gotta get up and try, and try, and try

You gotta get up and try, and try, and try

Gotta get up and try, and try, and try

Writers: Alecia Moore, Linda Perry, John Clayton Mayer

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