



How to
Channel, Heal
& Erase
Your Pain
With
Music

Welcome!

I'm excited you're here. I hope you're excited too! We're going to get a lot of work done, but most importantly, we're going to have FUN!

For this challenge, you will need five different songs. I urge you to choose completely different artists, but if you have one artist you love and several of their songs jump out at you right now, that's okay. Still, please choose different songs for each task. The more different they are, the better!

Please do not move onto the next song until you have finished journaling through the previous one! There is a process to this; please trust the process. For some of the songs, you will have "homework," or an activity I'd like you to do. It can be as simple as going for a short walk or making a cup of tea, but please do the activity before moving on!

Initially, this was going to be a 5-day challenge, and if you can stretch it over five days, that's great. If not, please allow yourself space between each song. You don't want to play them one right after another because you want to give your brain time to settle into each process. You can feasibly do this all in one day, but please give yourself a good amount of time between each song.

If you need to listen to the song several times, that's okay. Listen to it at least once, and listen to it in the background while you write. It's important to feel the emotion connected to each song.

The five songs you will need (in order):

- 1). Your favorite song
- 2). A song that makes you angry
- 3). A song that makes you sad
- 4). A song that makes you happy
- 5). A song that gives you hope

Your Favorite Song

This might be difficult, so I want you to simply choose whatever song is your favorite right now. Don't put too much thought into it! Just pick one of your favorites, then turn the page.

Please do not turn the page until you've chosen your song!

This is important because I don't want the journaling questions to influence your song choice. In the video, Please note: The spaces might not be big enough for you to write all your thoughts. You may want to get out your own notebook to write. If you'd rather type, you can do it right in this workbook or open a blank page. Don't feel like you have to limit your answers to the space I've given you! I'm just trying to save trees, but take all the space you need for your thoughts.

Got your song?

Alright, now you can begin.

Favorite Song

Why does this song speak to me right now?

Why did I choose it as my favorite?

Does this song reflect what is currently happening in my life?

If yes: What do I get out of listening to it (I channel my emotions through it, it helps me process what's happening, etc):

If No: Why do I connect with it so much (I just love the bass line, it puts me in a different place mentally, etc):

How does this song compare to my other favorites? Does it have a similar theme or meaning? Why or why not?

What can I learn from this song?

Angry Song

Choose a song that makes you angry. Not necessarily a song you don't like (although it can be that if you choose). It should be a song that you can channel your anger into. We're going to FEEL the anger for a bit!

Why does this song make me angry? What about it sparks my anger?

What else is making me angry right now?

Does this song add to my anger or allow me to release it?

What helps me channel or release my anger?

Pick something you wrote above and commit to doing it today!
Even if it's something small.

Sad Song

This can be a song that always makes you cry, a song that's bittersweet, a song with really sad lyrics, whatever works. I'm going to make you sit and feel sad here. You've got to feel those emotions before you can move through them! This one might take you a while, and that's okay.

Why did I choose this song? Why does it make me feel sad?

Has this song always made me sad, or is it recent? (If the meaning has changed over time, what happened? If it has always made you sad, why is that?)

What else is making me sad right now?

Who (or what) is responsible for my sadness? Do I keep myself in sad situations? If so, why might that be?

Is it possible, right now, for me to see this situation differently?

What is something I can do, right now, to make myself less sad?

This step is **IMPORTANT** - Whatever small thing you can do to move through your grief, do it now!

Happy Song

This should hopefully be easier than the last two! Any song that puts a smile on your face, feel free to use it here.

When did I first hear this song? Is the memory a happy one?

Are the lyrics happy? If not, does this mean I can look at a sad situation and see a different perspective? (There are many upbeat songs with sad lyrics, just like there are many upbeat people who carry sadness).

What does this song teach me?

What am I grateful for right now?

With everything going on in my life, do I feel like I still have a chance at being happy? Why or why not?

What contributes to my happiness? How can I get some of that in my life today?

Hopeful Song

We're at the final song! This is a song that gives you hope. It is one case where the lyrics themselves will probably be hopeful, but they don't have to be! Whatever speaks to you right now is okay.

What about the song makes me feel hopeful?

Are there any parts of this song that are not relatable to my own life?

What about the parts that are relatable? How can I see myself in this song?

Do I have a lot of hope for my life right now? Why or why not?

What is a goal or dream of mine that I once had hope for, but now do not?

Is it time to let this goal go, or time to reignite it? (It may not be time for either, but I'd like you to decide to do one or the other eventually. If a goal isn't for you anymore, feel free to release it! If it's time to reignite it, pick a later time to work on it if you can't do it today).

Final Thoughts

This part is optional, but I strongly encourage you to do it! This is a wrap-up and will hopefully give you more insight into yourself and how you're feeling.

Did any of my answers to the questions surprise me? If so, why?

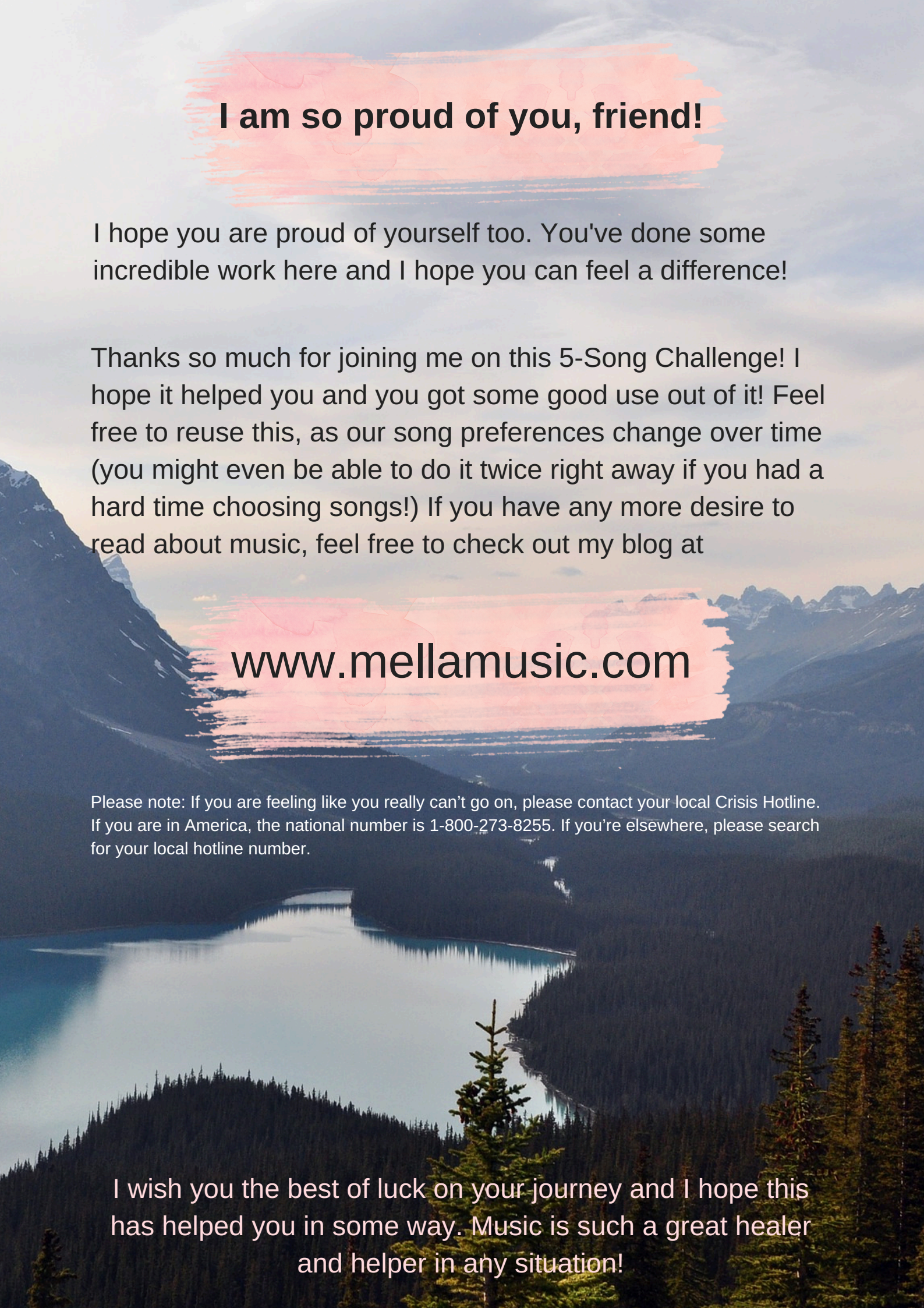
What did I learn from this challenge?

Of all the songs I chose, which one speaks to me the most right now?

What does that say about where I am today?

Can I commit, today, to moving forward, even when it's difficult?

If I hesitated at the above question, what do I still need to work through?
Can I commit to working through it?



I am so proud of you, friend!

I hope you are proud of yourself too. You've done some incredible work here and I hope you can feel a difference!

Thanks so much for joining me on this 5-Song Challenge! I hope it helped you and you got some good use out of it! Feel free to reuse this, as our song preferences change over time (you might even be able to do it twice right away if you had a hard time choosing songs!) If you have any more desire to read about music, feel free to check out my blog at

www.mellamusic.com

Please note: If you are feeling like you really can't go on, please contact your local Crisis Hotline. If you are in America, the national number is 1-800-273-8255. If you're elsewhere, please search for your local hotline number.

I wish you the best of luck on your journey and I hope this has helped you in some way. Music is such a great healer and helper in any situation!