**Song #1.**

**Song title:** Broken Window Serenade

**Artist:** Whiskey Myers

**What does this song say to you?**

Even people with the best intentions and goals in life can slip through the cracks and fall into addiction if put in certain situations.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because the genre is different to the ones people typically think of when they think of addiction. Rather than rap or hip-hop, Broken Window Serenade is a rock/country song. People tend to correlate addiction with rappers or people with similar backgrounds. This country song that has become insanely popular sheds light on the other types of people who suffer with addiction.

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**Song #2.**

**Song title**: Whiskey Lullaby

**Artist**: Brad Paisley and Alison Krauss

**What does this song say to you?**

That addiction not only affects the user, but the people around them as well.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because it adds perspective on the widespread impact of addiction. This song is about how a man who was an alcoholic passed away due to his addiction, and the woman in his life blamed herself. She then began to drink and eventually died as well, joining him in the afterlife. This song helps people understand that addiction does not only affect the user.

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**Song #3.**

**Song title**: Swimming Pools (Drank)

**Artist**: Kendrick Lamar

**What does this song say to you?**

Alcoholism is a serious form of addiction that can derive from many ways and has major repercussions.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because it points out the ways of being predisposed to addiction, such as having past family members be alcoholics or being surrounded by people similar. Also, the song sets the scene of someone peer pressuring him to drink more. That is another important part of addiction that many people may not think of.

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**Song #4**

**Song title**: Sober

**Artist**: P!nk

**What does this song say to you?**

This song poses an interesting question: “How do I feel this good being sober?”

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because it gives those who are suffering from addiction something to ponder. By providing a song with good storytelling characteristics, the audience is able to feel something about the song and potentially even relate to it. Giving into addiction often seems like the only thing that will “feel good” for addicts. But by P!nk singing a song about how good being sober feels, it may inspire someone to get sober.

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**Song #5**

**Song title**: Old Ways

**Artist**: Demi Lovato

**What does this song say to you?**

This song says to me that no matter what people may say about addicts and how they won’t recover, it is possible, and it is so rewarding to be able to tell them that they were wrong.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song to connect to addiction because it can provide a listener with just the perfect motivation to get clean and stop abusing substances. There is so much satisfaction in being able to prove to someone who doubted you that they were wrong. Demi Lovato also tells of how great her life in recovery is and how she never thought it could be so bright.

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**Song #6**

**Song title**: Not Afraid

**Artist**: Eminem

**What does this song say to you?**

This song says to me that even through hardships, one must remember that they are never alone.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because it is included on Eminem’s album entitled “Recovery,” which is all about his journey after addiction was running his life. The song “Not Afraid” is an inspiring anthem for people suffering from addiction. The song highlights Eminem’s hardships throughout his own battle and reminds his listeners that they are never alone. Hearing this song might be a pivotal moment where someone suffering from addiction is able to think, “Even Eminem survived addiction, so can I.”

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**Song #7**

**Song title**: Fight Song

**Artist**: Rachel Platten

**What does this song say to you?**

This song says to me that “you shouldn’t let anyone stand in the way of your success, whatever that may be.”

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose thing song because although it was not intended to be a song about addiction, it serves that purpose to many listeners. Originally, Rachel Platten wrote the song to refute people who didn’t believe she would make it far in the music industry. But now, people are able to translate its powerful meaning into a reminder to not let anything or anyone stand in their way of recovery.

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**Song #8**

**Song title**: Demons

**Artist**: Kenny Chesney

**What does this song say to you?**

This song says to me that once you start abusing substances, it becomes unbelievably hard to stop.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because Kenny Chesney explains a different side of addiction, which is the fear of being clean. “Still, I reach for the things I crave. Better try to run away. Am I afraid of being free?” Many people who suffer from addiction may not want to admit that they are scared of stopping because they don’t know who they will be without the substance controlling their life. The song ends by leaving the audience to reflect on themselves and their situations.

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**Song #9**

**Song title**: The A Team

**Artist**: Ed Sheeran

**What does this song say to you?**

This song says to me that addiction to drugs is a slippery slope and can derail someone’s life.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because there are many lyrics that have a deep meaning about addiction. Ed Sheeran sings about how people “go mad for a couple grams.” This connects to addiction because its often that addicts will do anything for either drugs or money to buy drugs. I don’t think this song is necessarily intended for addicts, but instead I think it is intended to educate a broader audience that might not have knowledge about addiction.

**Song #10**

**Song title**: Cigarettes

**Artist**: Juice World

**What does this song say to you?**

This song says to me that addiction can drastically change the course of one’s life and their goals.

**Why did you choose *this* song to connect to the health issue you are working with?**

I chose this song because the music video for this song sent a very strong message. It not only depicts the feelings that are associated with addiction, but also clearly shows how one’s life can drastically change. I also like how the video ended on a positive note by showing how recovering from addiction can lead to a better life.

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**DJ Statement**

The health issue I chose to address in this assignment is addiction. Addiction presents itself in many forms such as alcoholism and drug addiction. I chose this issue because of its fatal and widespread impact on the world and its increasing threat. The intended audience of these songs varies a great deal.

First, the intended audience is people struggling with addiction. Listening to songs that explain the feelings and pain that other people have gone through during addiction can make current addicts feel less alone. For example, the song “Not Afraid” by Eminem helps people realize that many people struggle with addiction, even famous singers. It may even give them the courage to quit and become better versions of themselves.

Secondly, the audience is also people who are in the process of recovery from addiction. Songs that talk about the great benefits of recovery and how it makes life so much better can be used to help recovering addicts see a light at the end of the tunnel. The song “Sober” by P!nk pushes the question of “How do I feel this good being sober?” Talking about the benefits of sobriety and how it truly feels better than addiction can attract others to begin their own recovery.

Lastly, these songs also speak to the people surrounding the addict. Addiction does not only affect the user, but it affects their loved ones such as family and friends. In the song “Whiskey Lullaby” by Brad Paisley, the message is how addiction can not only create sadness within others but can also spread it as well. This is also supported in the song “Swimming Pools” by Kendrick Lamar. This song talks about how the influence of one’s parents, families, role models can affect one’s decisions when it comes to addiction. People who are exposed to addiction tend to follow a similar path.