

Jenna Khan

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GHS:2100

Tracks:

1. "The A Team" by Ed Sheeran
 - a. This song tells a story of a young woman who seems to be struggling with some sort of an addiction. Ed Sheeran makes references to cocaine by describing the woman "breathing in snowflakes" and "going mad for a couple grams".
2. "Sober" by Pink
 - a. Pink highlights the benefits of recovery from an addiction. She mentions that it makes her feel safe and, in the song, she questions "how do I feel this good sober?" despite of the history she has using club drugs like ecstasy and meth.
3. "Starting Over" by Macklemore and Ryan Lewis
 - a. Further researching this song, it is about Macklemore's own struggle with addiction. He sings of the struggle of being a celebrity who achieved sobriety and has no privacy and often can be seen as a liar if he were to relapse. Macklemore also sings about disappointing his loved ones and the impacts his addiction had on them, but his sobriety is his way of starting over again.
4. "Under the Bridge" by Red Hot Chili Peppers
 - a. In this song the Red Hot Chili Peppers have lyrics that mention "under the bridge is where I drew some blood" which is indicative of possibly injecting blood or using street drugs. They also mention "Take me to the place I love, I don't ever want to feel the way that I did that day" which could be what his addiction makes him feel. The band has experienced an addiction to heroine and has since been clean.
5. "Going Through Changes" by Eminem
 - a. Eminem sings about the struggles of "going through changes" and specifically references his struggles with coming off pills. He has admitted to struggling with Vicodin and Valium. In the song some lyrics state "Now I'm poppin' Vic's, perks and Methadone pills".
6. "Hunger" by Florence and the Machine
 - a. Through this songs Florence references her challenges with eating disorders and references the problems of drug use. The lyrics she highlights this in "I thought that love was in the drugs, but the more I took, the more it took away".
7. "Rehab" by Machine Gun Kelly
 - a. Within this song it seems as though Machine Gun Kelly is aware to be in denial about that he needs to go to rehab. He mentions "we don't need rehab" and this could possibly be due to his struggles in result of using pills, vodka, or cocaine.
8. "Mr. Brownstone" by Guns N' Roses

- a. This song references the dangers of building tolerance to drugs by using the lyrics “I used to do a little, but a little wouldn’t do, so the little got more and more”. The band admits to using drugs in their younger ages at parties.
9. “Old Ways” by Demi Lovato
 - a. The song is mainly about a powerful rebuttal to the people who doubted her ability to recover. Demi’s recovery and drug addiction was widely broadcasted and had the of the public eye impacting her road to recovery and sobriety. This song encompasses the message that all people in recovery hear you will fail eventually.
 10. “Fight Song” by Rachel Platten
 - a. This song refutes those who did not believe that Rachel would make it to the music industry but has turned into an anthem for the road to recovery. The lines in the song “This is my fight song, take back my life song, prove I’m alright song” speaks to many going through addiction and being able to take their life back.

DJ Statement:

The main topic I decided to focus on was addiction and the road to recovery/sobriety. These ten songs encompass the impacts addiction can have on a person and often stunt their recovery. All these songs talk about how an addiction not only impacts them, but their loved ones and their path to recovering. Sobriety is a difficult thing to achieve and when a person’s support system is not available or helpful it is mentally difficult to believe that recovering is possible. The main audiences of these songs are people who have a shared experience to the artists. These artists create these songs so that others know they are not alone, and that addiction can affect all people, even celebrities. While creating a shared experience there is an aspect of doubt by others within recovery. These musicians describe what sobriety feels like and the benefits a person gains to hopefully push a person to strive for sobriety. I think these songs also reflect on the way celebrities are viewed in the media especially if they are trying to overcome an addiction. There is a specific judgement to being addicted to something and doubt that these people can recover. These artists help our society grow to accept addiction and help them recover with no judgement involved. Overall, addiction has a huge impact on people and their loved ones. I think there needs to be a way for