

Feeling Stuck In the Middle? Never Give Up!

Lyric Analysis Ideas for Music Therapists

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Heart and Harmony Music Therapy

“The Middle” by Jimmy Eat World

1. Discuss: What does it mean to be “in the middle”. Is it good, bad? What comes before and after? Do you give up or keep going?
2. Left side of bridge: at least three long-term goals
3. Right side of bridge: where are they now? What is keeping them from reaching goals?
4. Open visual to reveal bridge
5. Above the bridge: ways to cope if you get stuck in the middle, support systems
6. Below the bridge: steps needed to achieve goals
7. Discuss: What means do you have to cross your bridge? Is it bad to be in the middle, or does being in the middle mean making progress?

“Never Give Up” by Sia

1. Discuss: What does it mean to never give up? How does it feel when you succeed after persevering? How does it feel when you give up? Have you ever given up and regretted it, or wanted to give up but were glad you didn't?
2. Flip lyric sheet over and divide into three columns labeled past, present, and future
3. Past column: Three things from your past you didn't give up on
4. Present column: Three things in your present you don't want to give up on
5. Future column: Three goals for your future you don't want to give up on
6. Discuss: How were you able to accomplish those goals in the past and not give up? What are you doing currently, and what will you do in the future? If things get hard and you want to give up, what will you do to push through?

**Tip: provide different colored pens/pencils for each response portion of both interventions*



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