



Music & Recovery

It has been proven that listening to music can reduce stress, make depression more bearable, and help us relax, make us happy, and motivate us. Music can be an important tool for distracting ourselves from cravings or helping improve our mood.

If we want to use music as a tool for recovery we need to consider the effect it has on our mood, energy, and even if it will trigger us to use drugs. For instance, certain songs can remind us of past situations and trigger us to relive experiences/emotions from our past. Also some songs have wording that can be more destructive than our own negative self-talk. If we listen to music that repeats negative messages then we can start to internalize those messages, which forms into a new negative belief.

Although it is encouraged not to listen to negative music when we are feeling down or having more cravings, we tend to gravitate towards music that parallel our mood and mind state. For instance, if you are angry you most likely will listen to music with lyrics or music that will increase your anger (i.e. Anger = Metallica).

- Sad, depressing songs that increase my depression are:

- Angry songs that increase my anger are:

- Songs that I listened to when I was using, which tend to increase my cravings are:

People also tend to gravitate towards specific artists, songs, or genres of music due to their personality as the music we listen to matches our lifestyle and what happens inside of us. Typically people who listen to rock have some kind of anger or energy that they need to express or want to express. People who listen to rock (typically) are rebellious in nature and have unresolved issues with anger. This is an assumption, but if we were to consider our personality & the music we listen to – how similar would our personality & music preferences be to the rest of the group

- Genre I typically listen to:
- My personality (give 7 traits i.e. feelings, style, hobbies, culture, attitudes):

It is important to remember that we can change our mood or inspire ourselves to stay clean by listening to music that will encourage us to be hopeful, happy, and remember the negative effects of drug & alcohol use. It is important to know what music to gravitate towards when we want to feel happy, hopeful, and reduce cravings.

- What songs/artists put me in a better mood & mind state?

- Can you think of any songs/artists that encourage you to not use drugs? Is that difficult for you? Why?

Name One Song (You can look on your iPods or Phones to find one) that expresses something personal about yourself (i.e. upbringing, your family, your children, your friends, drug history, overcoming obstacles, love, etc.) *You can either play the song for the group or recite the song if you do not have access to the song.*

- How does this song relate to you?