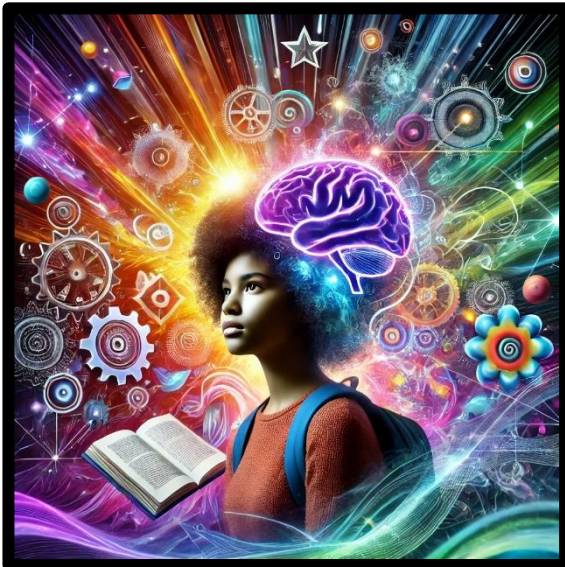




"SCAPEGOAT" ICE PACK

Therapeutic Uses of Beats and Lyrics

Song: Scapegoat Artist: Kota the Friend

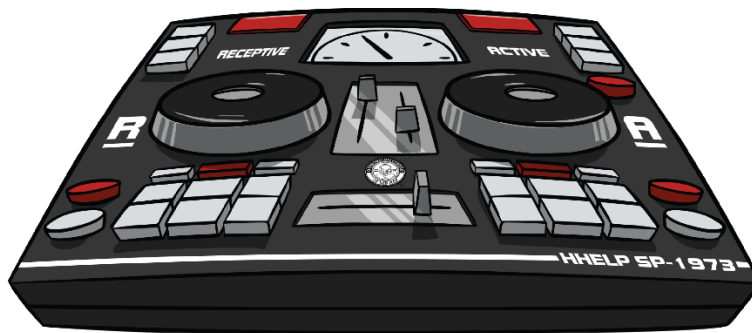


BEATS AND LYRICS TO GO
BY DR. RAPHAEL TRAVIS JR., LCSW

SCAPEGOAT ICE PACK

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BEATS AND LYRICS TO GO
THERAPEUTIC USES OF HIP HOP CULTURE

SCAPEGOAT by Kota the Friend

Lyrics

You buried me thinking I wouldn't pop up
Three days and three nights later like I was Lazarus
Water me with the drama, I shoulder all of your trauma
That got absolutely nothing to do with me, it's an honor
I know some people wanna put two in me, that ain't new to me
Envy in they eyes, I'm only doing what's true to me
My flow is froze

You ain't getting close with 30 degrees of separation
You don't even know my type of dedication
Rock bottom where you find gems hidden in revelations
Looking up at Jah, You couldn't bless me with a better basement
I know how to generate passive dollars for generations
Better than scholars and never resort to degradation

I got these scars from war, these ain't for decoration
Thick skin, moving with love, peace is my destination
Made it with people around me saying, "You'll never make it"
Now they get the point, I don't need to hear the exclamation
I forgive a hater, I tell them to save the explanations

I enjoy the ironic vanity in your demonstrations
I been off the grid with my family
Seeing shit that you could probably see
If you wasn't fixated on me
I'm on a record, really having these conversations for free
Giving you my hard-earned lessons, knowledge, and grief

Making noise, something like a automatic weapon
I'm spraying it from my chest 'til the chopper coming for me
They dream of rapping like me, and I run a track in my sleep
No exaggeration, I wrote this shit in my sheets
Wake up when I wanna, fly to Paris when I wanna

I don't really got a ceiling, the definition of free
And freedom come with bravery, word to Harriet Tubman
And freedom like my coffee, I need it daily to function
And bravery is simply a vital function for love
October baby coming, it's time to bring out the pumpkins

I made all of my dreams come true
So now it's time to pay it forward, it's a feast, come through
I waded through those muddy waters

And pulled myself out that quicksand
To get the shit I got, my people need something too

I put the work in on my mind, I had to see something new
I share my journey with my people, here, read something cool
It make me happy when I hear that it's helping you and your growth
'Cause I know that feeling well, and you should feel that too
And I been calling for these sunny days
Good kids, solid woman, houses, and my money straight

I know my dad love me, he just show it in a funny way
Even when it's raining, I treat it like it's my lucky day
I don't give a fuck what you think of me and my funny face
That's another level of freedom, thank you, humiliation
The devil never let you go without a battle
And battle is what you need
To make it where it's royal and green
Take in the scene, it's a dream

Source: [Musixmatch](#)

Songwriters: Avery Jones / Michael Baretz / Eric Madonna / Charles Colon

Scapegoat lyrics © Fltbys Music Publishing

AI COMMAND

Create a series of questions and prompts that would be helpful for a person in therapy related to the following song lyrics (from the song “Scapegoat” by Chance the Rapper. The questions and prompts should help facilitate the most therapeutic and empowering reflections, responses, or attitudes.

The song lyrics are:

You buried me thinking I wouldn't pop up
Three days and three nights later like I was Lazarus
Water me with the drama, I shoulder all of your trauma
That got absolutely nothing to do with me, it's an honor
I know some people wanna put two in me, that ain't new to me
Envy in they eyes, I'm only doing what's true to me
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That's another level of freedom, thank you, humiliation
The devil never let you go without a battle
And battle is what you need
To make it where it's royal and green
Take in the scene, it's a dream

AI RESULTS

Here is a series of reflective and empowering questions and prompts inspired by the lyrics of “Scapegoat” by Chance the Rapper. These are designed to encourage self-exploration, healing, and personal growth in a therapeutic setting:

Exploring Resilience and Growth

1. **"You buried me thinking I wouldn't pop up":** Have you ever faced situations where others underestimated you? How did you overcome those challenges?
2. **"Rock bottom where you find gems hidden in revelations":** Can you recall a time when a difficult experience taught you something valuable? What was the "gem" you found?
3. **"I got these scars from war, these ain't for decoration":** What scars—physical, emotional, or spiritual—do you carry? How have they shaped your story or strengthened you?

Relationships and Boundaries

4. **"Water me with the drama, I shoulder all of your trauma":** How do you manage relationships where others project their pain onto you? What boundaries might you need to set?
5. **"I forgive a hater, I tell them to save the explanations":** How do you practice forgiveness, especially for those who have wronged or misunderstood you?

Self-Awareness and Empowerment

6. **"Envy in they eyes, I'm only doing what's true to me":** What does "being true to yourself" look like for you? How do you stay aligned with your values despite external pressures?
7. **"Wake up when I wanna, fly to Paris when I wanna":** What does freedom mean to you? How can you bring more of that sense of freedom into your daily life?

Navigating Adversity and Transformation

8. **"The devil never let you go without a battle":** What battles have you faced recently, and how have they contributed to your personal growth?
9. **"Waded through those muddy waters and pulled myself out that quicksand":** When have you felt stuck in life? What helped you find your way forward?

Gratitude and Legacy

10. **"I made all of my dreams come true, so now it's time to pay it forward":** How do you define success, and how do you give back to others once you've achieved it?
11. **"It makes me happy when I hear that it's helping you and your growth":** How do you feel when you see your experiences or lessons inspire others?

Healing and Forgiveness

12. **"I know my dad love me, he just show it in a funny way":** Are there relationships in your life where love is shown in unconventional or unexpected ways? How do you interpret and appreciate those expressions of love?
13. **"I don't give a fuck what you think of me and my funny face":** How do you deal with judgment or humiliation? What helps you maintain confidence and self-worth?

Finding Joy and Peace

14. **"Even when it's raining, I treat it like it's my lucky day":** What are your strategies for finding positivity or gratitude during difficult times?
15. **"Good kids, solid woman, houses, and my money straight":** What are the key elements of a life that feels fulfilling to you? How close are you to achieving them?

Creativity and Purpose

16. **"I wrote this shit in my sheets":** How does creativity or self-expression play a role in your healing or personal growth?
17. **"Take in the scene, it's a dream":** What are the moments in your life that feel like a dream come true? How can you create more of those moments?

These prompts aim to help individuals reflect deeply on their personal journeys, align with their values, and celebrate their resilience and potential.

NEXT AI COMMAND:

Turn these questions and prompts into writing or music and graffiti/visual art-based activities that are similarly therapeutic and empowering.

Writing Activities

1. Resilience and Growth: Personal Letter

- Write a letter to a past version of yourself, describing how you overcame a significant challenge and what you learned from it. End the letter with words of encouragement for facing future battles.

2. Hidden Gems: Metaphorical Poem

- Create a poem using metaphors about "finding gems" in difficult situations. Use imagery like "quicksand," "muddy waters," or "rock bottom" to represent struggles and the wisdom gained.

3. Forgiveness: Journal Reflection

- Write about someone you've forgiven or are working to forgive. Explore how letting go of resentment has (or could) free you emotionally.

4. Freedom and Identity: Freewriting

- Spend 10 minutes freewriting about what freedom means to you. Include thoughts on personal, emotional, and creative freedom.

5. Legacy: Storytelling

- Write a short story about someone who overcame obstacles and used their success to uplift others. Base it on your life or invent a fictional character.

Music-Based Activities

1. Resilience Anthem

- Write lyrics for a song or rap inspired by times you've risen above adversity. Use the themes of strength, growth, and perseverance.
- Record yourself rapping or singing it over a beat that resonates with the mood of your story.

2. Freedom Playlist

- Create a playlist of songs that represent different aspects of freedom, bravery, or empowerment. Write a short description for each song about why it speaks to you.

3. Call and Response

- Write a simple hook or chorus based on a positive affirmation (e.g., "I'm built to rise, I'm made to grow"). Record it and encourage others to respond with their own verses.

4. Musical Reflections

- Compose a melody that represents a specific struggle and its resolution. The low notes could symbolize difficulty, while high notes represent triumph.

5. Collaborative Songwriting

- Work with friends or a group to create a collective song about shared experiences of growth, forgiveness, or resilience.

Graffiti/Visual Art Activities

1. Resilience Wall

- Design a mural or graffiti piece with symbols of strength (e.g., phoenix, tree roots, or gemstones). Include empowering phrases like "Rise Above" or "Strength in Scars."

2. Freedom Canvas

- Paint or draw a piece that represents what freedom looks like to you. Use bold colors and abstract shapes to convey emotions like joy, peace, and bravery.

3. Forgiveness Graffiti

- Create a street-art-style piece using a single word or phrase that represents forgiveness, such as "Release" or "Let Go." Surround it with vibrant designs.

4. Personal Timeline Mural

- On a large sheet of paper or canvas, visually map your personal journey with symbols representing key milestones, struggles, and achievements. Use colors and shapes that evoke emotion.

5. Message to the World

- Create a graffiti-style poster with a message of empowerment for others who may be going through similar struggles. Display it publicly or in a community space.
-

Combination Activities

1. Lyric & Art Fusion

- Write empowering lyrics or poetry and incorporate them into a graffiti piece. Use the words as part of the design, blending them with images and symbols.

2. Music Video Mural

- Write and record a song about growth or resilience, then create a mural inspired by the song's message. Share the process or final product as a short video.

3. Interactive Wall of Freedom

- Design a community art piece where people can add their words, drawings, or small objects representing what freedom, growth, or forgiveness means to them.

4. Journey Collage

- Combine lyrics, journal excerpts, and drawings into a collage that visually and textually tells your story of overcoming challenges.

5. Collaborative Empowerment Mural

- Work with others to create a large piece of art that weaves together everyone's stories of resilience, bravery, and forgiveness. Add layers of writing, symbols, and music-inspired patterns.

These activities aim to foster self-expression, healing, and empowerment through multiple creative mediums. Each person can adapt the prompts to fit their style and emotions.

NEXT AI COMMAND

Create similar therapeutic and empowering activities but mainly through beat making related activities.

RESPONSE

Here's a list of therapeutic and empowering activities centered around **beat making**, designed to help individuals explore resilience, personal growth, and empowerment through rhythm and sound:

Beat-Making Activities

1. Resilience Beat

- Create a beat that starts with slow, heavy drums or low-frequency sounds to symbolize struggle. Gradually build layers of brighter, faster elements like hi-hats, synths, or uplifting chords to represent overcoming challenges.

2. Freedom Groove

- Make a beat inspired by what freedom feels like to you. Use dynamic rhythms, open chords, or airy sounds to evoke a sense of liberation and joy. Experiment with tempo changes to reflect moments of breakthrough.

3. Forgiveness Flow

- Produce a beat that transitions from tension to harmony. Begin with dissonant or clashing sounds, then resolve them with smooth melodies or harmonious chords, symbolizing forgiveness and emotional release.

4. Rebuilding Layers

- Start with a sparse beat that represents "rock bottom," and gradually add layers of complexity and richness to mirror the process of rebuilding and growing stronger.

5. Empowerment Anthem

- Create a powerful, energetic beat with booming 808s, punchy snares, and bold percussion. This beat should feel like a soundtrack for confidence and self-belief.
-

Collaborative Beat-Making

6. Community Loop

- Work in a group where each person contributes a sound, loop, or element to a shared beat. The collective effort represents unity and support in overcoming individual and shared struggles.

7. **Call-and-Response Rhythm**

- Design a beat with distinct sections: one that calls out (e.g., a sharp drum hit or melody) and one that responds (e.g., a softer echo or complementary sound). This can symbolize conversation, forgiveness, or collaboration.

8. **Beat Battle: Growth Edition**

- Have a friendly beat battle where each person creates a beat representing their personal journey. Share and discuss how the sounds reflect your growth or empowerment.

Emotional Exploration Through Beat-Making

9. **Emotion Mapping**

- Assign different instruments or sounds to specific emotions (e.g., drums for anger, piano for sadness, synths for hope). Use these elements to create a beat that tells the story of your emotional journey.

10. **Beat Meditation**

- Make a calming beat with slow tempos, soft pads, and minimal percussion. Use it for personal relaxation or guided meditation to reflect on your growth and resilience.

11. **Conflict and Resolution**

- Create a beat where the rhythm or melody begins in chaos (e.g., irregular drum patterns, dissonant chords) and resolves into a steady, harmonious groove.

Storytelling Through Beat-Making

12. **Timeline Beat**

- Break your life story into sections (e.g., struggle, growth, triumph) and create a unique beat or section for each. String them together into a cohesive track that represents your journey.

13. **Soundtrack of Freedom**

- Produce a beat that embodies what freedom means to you. Incorporate sounds or samples that evoke personal memories, cultural influences, or inspirational moments.

14. **Bravery Beat Loop**

- Create a repeating beat loop that feels bold and empowering. Use it as a personal mantra, listening to it whenever you need a confidence boost.

Therapeutic and Reflective Beat Exercises

15. Mirror Beats

- Spend 10 minutes making a beat that reflects your current mood. Listen back and reflect on what emotions or thoughts come through in the sound.

16. Inner Voice Instrument

- Choose one instrument or sound that represents your "inner voice." Use it as the lead element in a beat that tells your personal story.

17. Gratitude Groove

- Make a beat inspired by things you're grateful for. Include joyful rhythms, uplifting melodies, and sounds that remind you of those people or moments.

Inspirational and Goal-Oriented Beats

18. Future Vision Beat

- Create a beat that represents where you want to go in life. Use uplifting or futuristic sounds, experimenting with tempos and rhythms that feel energizing.

19. Victory Beat

- Produce a beat to celebrate a personal victory, big or small. Let the energy of the beat match your sense of pride and accomplishment.

20. Affirmation Soundtrack

- Pair a beat with spoken affirmations or positive quotes layered as vocal samples. This can be a personal anthem to listen to daily for motivation and self-love.

Interactive Beat Challenges

21. Drum Circle Sampling

- Record natural rhythms (e.g., clapping, stomping, or tapping) with friends or on your own. Sample these sounds and turn them into a beat that represents collective strength and individuality.

22. Nature-Inspired Beat

- Go outside and record sounds like birds, water, or wind. Incorporate these samples into a beat that reflects your connection to the world and your journey.

23. **Layer of Love**

- Start with a simple drumbeat and invite others to add one element each, building a collaborative beat that symbolizes shared love and support.

These beat-making activities allow individuals to explore emotions, resilience, and growth while fostering creativity and empowerment. They can be adapted for individual reflection or group collaboration, providing a meaningful way to connect through sound and rhythm.

HHELP AND ICE DIMENSIONS (By Song Lyrics)

You buried me thinking I wouldn't pop up

Three days and three nights later like I was Lazarus (resilience; esteem)

Water me with the drama, I shoulder all of your trauma

That got absolutely nothing to do with me, it's an honor (resilience; growth)

I know some people wanna put two in me, that ain't new to me

Envy in they eyes, I'm only doing what's true to me (community, resilience, esteem)

My flow is froze

You ain't getting close with 30 degrees of separation

You don't even know my type of dedication (esteem, resilience, growth ["my type of dedication"])

Rock bottom where you find gems hidden in revelations

Looking up at Jah, You couldn't bless me with a better basement (post-traumatic growth; resilience; growth (spirituality); community [basement])

I know how to generate passive dollars for generations

Better than scholars and never resort to degradation (resilience ["how" I cope], growth, esteem, community, [social] change – against degrading for dollars)

I got these scars from war, these ain't for decoration

Thick skin, moving with love, peace is my destination (resilience, growth, esteem)

Made it with people around me saying, "You'll never make it"

Now they get the point, I don't need to hear the exclamation (community, resilience, esteem)

I forgive a hater, I tell them to save the explanations

I enjoy the ironic vanity in your demonstrations (growth [forgiveness over resentment/vengeance], resilience, community ["haters" – plural])

I been off the grid with my family

Seeing shit that you could probably see

If you wasn't fixated on me (community, risk – comparison, esteem, resilience/growth (seeing and doing))

I'm on a record, really having these conversations for free

Giving you my hard-earned lessons, knowledge, and grief (growth [modeling and mentorship – "having conversations (you can learn from) for free])

Making noise, something like a automatic weapon

I'm spraying it from my chest 'til the chopper coming for me (esteem, resilience [what I am doing to take control of my situation, how I'm coping])

They dream of rapping like me, and I run a track in my sleep
No exaggeration, I wrote this shit in my **sheets** (esteem [easy for me to create, others dream of doing what I do])

Wake up when I wanna, fly to Paris when I wanna
I don't really got a ceiling, the definition of free (esteem, resilience, growth – “freedom”)

And freedom come with bravery, word to Harriet Tubman
And freedom like my coffee, I need it daily to function (community – resilience; resilience – coping - bravery; esteem [part of my new identity])

And bravery is simply a vital function for love
October baby coming, it's time to bring out the pumpkins (resilience, growth [love], growth – transformation – October)

I made all of my dreams come true
So now it's time to pay it forward, it's a feast, come through (growth (modeling and mentorship), esteem (who I am now; how I am now), community (all))

I waded through those muddy waters
And pulled myself out that quicksand (resilience)

To get the shit I got, my people need something tool put the work in on my mind, I had to see something new (resilience; community -resilience, [social] change; growth – aspirational vision of “new” – work on my mind – esteem who and how I am, what I want)

I share my journey with my people, here, read something cool (growth – mentorship and modeling; community, change)

It make me happy when I hear that it's helping you and your growth
'Cause I know that feeling well, and you should feel that too (growth, esteem – makes me happy; community – change [to the extent that collective growth is part of the mission])

And I been calling for these sunny days
Good kids, solid woman, houses, and my money straight (esteem, growth, community – family as community)

I know my dad love me, he just show it in a funny way
Even when it's raining, I treat it like it's my lucky day (resilience, growth – SEL social awareness, forgiveness/ decision-making; gratitude)

I don't give a fuck what you think of me and my funny face
That's another level of freedom, thank you, humiliation (esteem – who and how I am; how comfortable I am with appearance; no need for external validation, resilience (coping with physical and social realities), growth/maturity and freedom)

The devil never let you go without a battle
And battle is what you need (resilience – post-traumatic growth; especially for spirituality; community)

To make it where it's royal and green

Take in the scene, it's a dream (resilience, growth, community, social change for community well-being – collective “making it”)

Source: [Musixmatch](#)

Songwriters: Avery Jones / Michael Baretz / Eric Madonna / Charles Colon

Scapegoat lyrics © Fltbys Music Publishing

R.A.P. METHOD: REFLECT, ANALYZE, PERSONALIZE

REFLECT

Answer the following questions for each song you choose, then do the remaining questions/tasks for the dimension of your song only (e.g., Resilience or Community):

1. What were some of your initial impressions? What specifically did you see and/or hear that stood out to you?
2. What feelings came up at any point in the song/video for you? What were some of the feelings and emotions for the artist(s) (or for other characters in the video)?
3. In what ways might this song be EMPOWERING (from listening or performing)? In what ways might this contribute to RISKY attitudes or behaviors?
4. How might this differ for different PEOPLE, SITUATIONS, or CULTURES? For people across different REGIONS of the US or the WORLD?

ANALYZE: THROUGH ICE DIMENSIONS – WHAT EXAMPLES DO YOU SEE (IF ANY)?

ESTEEM

Examples of empowering ESTEEM narratives you will often hear in music, from the perspective of the artist or the listener. What do you see or hear from the perspective of the artists or content?

- Events and experiences that contribute to how I see myself and feel about myself (Who am I? and How am I?). Also, how others view me and how I view others. Overall, what type of person I desire to be.
- My experiences that bring me joy & happiness. But also, how I feel; my range of emotions and how I regulate emotions (e.g., what I do to prevent or cope with pain).
- My strategies to build, reinforce, or re-author my identity and sense of self. My strengths and life characteristics that I am proud of.
- Risk and Esteem: The risky attitudes and behaviors that are used to feel better in these above esteem enhancing areas (e.g., What might be risky in what I am doing to feel good about myself?)

RESILIENCE

Examples of empowering RESILIENCE narratives you will often hear in music, from the perspective of the artist or the listener.

- Telling a story from my life or reflecting upon meaningful memories. Coming to grips with, or a greater awareness and understanding about my current social realities or my past lived experiences.
- Specific ways I am currently coping and handling challenges now, or how I have been able to “bounce back” and overcome challenges/adversities.
- My ideas about what is right and wrong for how to cope and survive during crises, extreme stress, or threats to well-being.
- Potential tensions between coping with current challenges and ideas about longer-term and future well-being (i.e., surviving vs. thriving).
- Risk and Resilience: The risky attitudes and behaviors that are used to do better in these above resilience enhancing areas (e.g., What is risky about “how” I am coping/ surviving?)

GROWTH

Examples of empowering GROWTH narratives you will often hear in music, from the perspective of the artist or the listener:

- Recognition of how I am more mature, healthy, and whole. Descriptions of how I am moving toward my potential, the best version of myself. It can be like metaphors of transformation, a new path, turning over a new life, or taking it to the next level.
- Transcend survival mode, to a commitment to/focus on thriving and long-term well-being.
 - I am more confident, I have new or improved skills, I experience more positive relationships, and I make healthier decisions [future-oriented].

- I actively show care and concern for the well-being of other individuals (often through overt advice and guidance or “words of wisdom.” Provide visible mentorship and modeling. “*You can do... You can be...*”
- Risk and Growth: The risky attitudes and behaviors that are used to be better in these above growth enhancing areas (e.g., What might be risky about how I feel or interact with others as I grow?)

COMMUNITY

Examples of empowering COMMUNITY narratives you will often hear in music, from the perspective of the artist or the listener:

- Groups that I strongly identify with and value (i.e., a sense of belonging, part of my social identity). Groups that I prioritize for my time and energy. Groups where I feel safe. Can be any perceived group affiliation, including but not limited to: family, race/ethnicity, gender, neighborhood, city, club, team, profession, faith-based, or social group.
- Group influences on me, my development, my growth and overall well-being.
- My/Our roles within groups and group experiences; es; supporting healthy narratives.
- My/Our group’s history (i.e., challenges and triumphs), our traditions and strengths, our collective resilience, and our solidarity and pride.
- My/Our visions of possibility for the long-term well-being of the group (i.e., “At our best”).
- Risk and Community: The risky attitudes and behaviors that are used to have a better sense of belonging in these above community enhancing areas (e.g., What might be risky in elevating pride about one’s group over other groups? What is risky about the group’s dominant ideas and patterns of behavior?)

(SOCIAL) CHANGE

Examples of empowering (SOCIAL) CHANGE narratives you will often hear in music, from the perspective of the artist or the listener:

- I am aware of how and where better conditions are necessary for a group or certain groups, especially groups that are a priority to me.
- I have witnessed or directly experienced the problems, disparities, inequities, or injustices that have impacted group conditions in a negative way.
- I am aware of and can identify some of the causes of these problems, disparities, inequities, or injustices.
- My thoughts on solutions to create better conditions, and my plans to play a role in helping to create better conditions (i.e., to be a change agent).
- Risk and (Social) Change: The risky attitudes and behaviors that are used to describe and work toward better conditions in these above change enhancing areas (e.g., What might be risky about the strategies used to

PERSONALIZE (PHASE I – 40 STEPS DASHBOARD)

ESTEEM

WHO AM I? HOW AM I?

1. Who am I? How do others see me? Who do I sometimes pretend to be?
2. In general, how satisfied am I with myself?
3. What is most important in my life in general?
4. What types of people do I surround myself with?
5. Who do I look up to (admire)? Who do I consider as role models?
6. Where do I see myself in 5 years? How do I want to be described?
7. What will I be doing in life that will make me feel proud (for doing it)?

JOY

8. How am I (socially and emotionally/SEL)? What am I feeling?
 - What do I do when I am feeling “down” that helps me feel good or better about myself?
New: When I am feeling dysregulated what helps me get regulated?
9. What brings me “joy”? How do I express joy? What is an activity I enjoy so much that I tend to lose track of time (puts me in a state of “flow”)?

STRENGTH

10. What are my strengths? What are my less obvious strengths (what people may not know)?
11. What things do I do that I am most proud of (when I think of it I feel good)?
12. What areas of my life that I would like to have more power or Influence in?

RESILIENCE

MY STORY

13. What are some of the most meaningful life experience or stories about my life that I would like to share with others, but have not been able to?
14. What should people know about my life and reality to know the “real” me and how that might play a role in how I feel, think, and do things?
15. What types of things “get to me”? In what ways do these problems try to “trip me up”? Why have I let them be so powerful in my life?
16. How do my day-to-day life compare to my closest circle of friends? To those struggling? To those that appear to be doing well?

COPING

17. What life challenges am I proud to have overcome?
18. What are my best strategies for coping with stressful situations? Which coping strategies are sometimes risky? How do mitigate risky strategies and promote healthier coping?
19. What have I done to try to prevent earlier challenges and problems from happening again? (What and how have I learned?)

BEYOND SURVIVAL

When thinking about my own coping strategies...

20. What are some skills, interests or talents that I have, which lead me to lose track of time? How can I practice and keep challenging myself in these areas so I learn, get BETTER, and reach my long-term goals? What ways of thinking or doing get in the way of me reaching my potential? How can I challenge these obstacles and improve?

GROWTH

POTENTIAL

21. In what ways can I be a BETTER person (the best version of myself)? In...
- a) Practicing and challenging myself in school/work, and/or activities involving the skills, interests, or talents I am developing?
 - b) Feeling confident about my abilities?
 - c) Being supportive and positive in relationships with others?
 - d) Making healthy and positive decisions?
 - e) Caring about the experiences of others?
 - f) Being a mentor or a role model and helping others that need support?

THRIVING

22. What strategies do I use to help keep me “on the right track?”
23. What are the names of people that I can count on to help me to be at my best as a person (want me to succeed in positive ways)? Inside/outside my family?

GIVING

24. What messages would I like to give to those younger than me to help them get through life in the best way possible?
25. What is something I do that I’d most like others to learn from/do?
26. What can I do today so that people in the future have things better?

COMMUNITY

MY COMMUNITIES

27. What group(s) do I have a strong connection to, or “belong” to? Where do I feel “at home?” (e.g., *neighborhood, school, peer group, team, family, race/ethnicity, gender*).
- What do I value most about this group?
28. On a scale of 1-10, with 10 being highest, how satisfied am I in this group (level of involvement, safety, quality of experiences, pride, ability to help me to do/be better)?
29. In this group of partners/parents, in what situations do I feel the most alive and engaged? When do I feel the least alive (most out of place)?

MY ROLES

30. What do I value most about my community?
31. In what parts of my do I feel “asleep?” What would it take to awaken this part of me, so I can fully experience the communities I am a part of? What would these communities be like if I was fully “alive” in all aspects, and able to contribute to them the best that I can? What one change can I do today to begin to help this happen?
32. What one change can I do today to begin to help this happen?

YOU KNOW HOW WE DO

33. What is it about any of my communities that has allowed me to enjoy life the most?
34. What are the traditions, values or norms that have best helped our my community (one or more) to overcome challenges?
35. In what ways has my community gotten “better” in the last year?
36. In what ways do I personally celebrate the parts of “my community” that I am most proud of?

CHANGE

AWARENESS

Think about a group that is a priority for me/most proud to be a part of (e.g., neighborhood, school, peer group, team, family, race/ethnicity, gender).

37. What societal conditions are problematic or unfair, making it challenging to my community?
38. What changes to these conditions must happen for my community to be “the best it can be?”
What does my vision of change look like

TIME FOR SOME ACTION

39. What will I do today to help create these changes? How will I find out how to contribute to these changes if I do not know yet? (PLAN) I want to see (vision)_____By (date) _____
To make this happen I will have to do_____I will have to do the above by__(date)

AT OUR BEST: KEEPING IT MOVING!

40. Who can help me? What individuals, groups or organizations can best help me to create these needed changes?

GOALS CONSISTENTLY ALIGNED WITH ENGAGEMENT

ESTEEM Enduring Idea:

Only you know the real you and it is up to you to determine the you that you want to be

Goal: Connect your feelings to who you really are, not to what others say or do; be confident independent of money, image or status

RESILIENCE Enduring Idea:

Move from Surviving to Thriving

Goal: Identify safe ways of sharing your unique life story; move beyond survival mode; & embrace healthy ways of thriving despite adversity

GROWTH Enduring Idea:

Focus on and take action to be at your best (the best version of yourself), and be of service to others

Goal: Create a vision and work toward being “the best you” possible, including helping others to reach their potential

COMMUNITY Enduring Idea:

Move from “me” to “we” and be accountable for your group experiences

Goal: Promote and feel connected to the healthy and safe parts of your communities

[SOCIAL] CHANGE Enduring Idea:

Be an agent of change

Goal: Use your voice and talents to improve conditions in partnership with others to make your communities the best they can be

PERSONALIZE (PHASE II – CONTENT SPECIFIC)

You buried me thinking I wouldn't pop up

Three days and three nights later like I was Lazarus (resilience; esteem)

- Describe a time when people counted you out? (How did it feel to be in this situation?)
- Describe a situation where someone (deliberately) put you in a difficult situation/set you up/made it hard for you?
- How did you make it through? (How did it feel to “rise again?” How did you renegotiate your relationship to/with that person afterwards?)

Water me with the drama, I shoulder all of your trauma

That got absolutely nothing to do with me, it's an honor (resilience; growth)

- What is a time where people seemed to pull you into their “drama?”
- Who are people in your life that you know have experienced so much (trauma) that it spills out into your relationship/experiences with them? What does this look like?
- How do you avoid taking potential toxic attitudes and behaviors personally?
- How are you able to be a healthy support to them without allowing things to be/get toxic?

I know some people wanna put two in me, that ain't new to me

Envy in they eyes, I'm only doing what's true to me (community, resilience, esteem)

- How do you deal with people that actively want to do you harm?
- In what ways do you find/stay in positive, healthy, supportive, prosocial spaces?
- In what ways do you try to stay authentic, stick to the “true” you?
- How do you try to act in ways so that your successes are not at the expense of others?

You ain't getting close with 30 degrees of separation

You don't even know my type of dedication (esteem, resilience, growth [“my type of dedication”])

- How do you determine and maintain healthy and appropriate boundaries (relationships)?
- What are you most dedicated to? What thoughts (self-talk) help you sustain this dedication? What are some of your activities that are examples of this dedication?
- What strategies do you have (your plan) to keep this going? What people and/or groups are important in helping you to keep this going?

Rock bottom where you find gems hidden in revelations

Looking up at Jah, You couldn't bless me with a better basement (post-traumatic growth; resilience; growth (spirituality); community [basement])

- What is a time you felt like you were at rock-bottom?
- Looking back at this time, what were things that you learned from this situation? (about yourself, about the world, about people in your life, about your school/career, spirituality?)
- What would you say was the most important take-away (jewel/gem)?
- What, if any, spiritual supports exist for you? How do you feel most blessed in life? Why?

I know how to generate passive dollars for generations

Better than scholars and never resort to degradation (resilience [“how” I cope], growth, esteem, community, [social] change – against degrading for dollars)

- What are your thoughts on a job vs. career?
- What are some unique or innovative ways to think about self-sufficiency and generating income (making money) so that you can take care of yourself/not be dependent on others?
- How do you maintain your integrity and staying positive in how you approach school/work/making money? What are your thoughts on “fast money” or making money in ways that are considered negative or illegal?
- How do you avoid letting your success not be at the expense of others (not degrading to yourself or others)?

I got these scars from war, these ain't for decoration

Thick skin, moving with love, peace is my destination (resilience, growth, esteem)

- What are some of the impacts and effects (your scars) of your life's challenges and obstacles?
- What are some of your core values (e.g., love), things that help define how you approach life/your life journey?
- Kota says “peace” is his destination... What are you working toward? What is your vision? What does your destination look and feel like?

Made it with people around me saying, "You'll never make it"

Now they get the point, I don't need to hear the exclamation (community, resilience, esteem)

- Who are people that said you'll never make it or who doubted you? (What did that feel like?)
- Who are the most supportive people in groups you are a part of (i.e., who believes you “will” make it)? What does that support mean to you?

I forgive a hater, I tell them to save the explanations

I enjoy the ironic vanity in your demonstrations (growth [forgiveness over resentment/ revenge], resilience, community [“haters” – plural])

- How easy or challenging is it to forgive “haters” – those that do not believe in you or actively want to see you harmed?
- What do you say or do in the presence of these haters? How do you self-regulate and make healthy decisions (avoid resentment and the urge for revenge)?

I been off the grid with my family

Seeing shit that you could probably see

If you wasn't fixated on me (community, risk, esteem, resilience/growth (seeing and doing))

- What is a favorite activity that you enjoy with a group you are a member of?
- What is something memorable and meaningful that you've done during the last year?
- What is something that you're involved in that you have to be careful of to avoid seeming like you're bragging about or gloating about?

I'm on a record, really having these conversations for free

Giving you my hard-earned lessons, knowledge, and grief (growth [modeling and mentorship – “having conversations (you can learn from) for free])

- What is a hard earned life lesson you've learned that you want to people to learn from?
- What are some areas of grief or grieving that you have grown from? How might others benefit from understanding your growth in these areas?
- What is some new knowledge or wisdom that you would like to pass on (not necessarily from grief or hard earned lesson; could be general and from positive experiences too)?

Making noise, something like an automatic weapon

I'm spraying it from my chest 'til the chopper coming for me (esteem, resilience [what I am doing to take control of my situation, how I'm coping])

- In what ways do you express what you think and feel? What are some barriers or obstacles to you self-expression?
- Who can you talk to about what you think and feel? Who “can’t” you talk to but want to?
- What are some new ways that you can make your voice heard/express yourself?
- What do you most want to say/share but have not been able to (or only recently have been able to)?

They dream of rapping like me, and I run a track in my sleep

No exaggeration, I wrote this shit in my sheets (esteem [easy for me to create, others dream of doing what I do])

- What are things that you do well that you enjoy?
- What are your strengths?
- What, if anything, do you feel comes easier for you to do compared to others?

Wake up when I wanna, fly to Paris when I wanna

I don't really got a ceiling, the definition of free (esteem, resilience, growth – “freedom”)

- Kota discusses doing what he wants whenever he wants... What are some of the responsibilities you have? What/who are you accountable to?
- What are things you would like to do that you are not able to do at this point in time?
- What are areas of life that you want to continue to grow in – professionally and personally?
- What does freedom mean for you?

And freedom come with bravery, word to Harriet Tubman

And freedom like my coffee, I need it daily to function (community – resilience; resilience – coping - bravery; esteem [part of my new identity])

- Who are role models that paved the way for you, helping inspire how you think and act?
- What strengths do you have, like bravery/courage or a strong work ethic, that you picked up from someone else – from a direct relationship or as a member of a group you identify with?
- What is something that is a core value or way of relating to your environment that guides your everyday actions?

And bravery is simply a vital function for love

October baby coming, it's time to bring out the pumpkins (resilience, growth [love], growth – transformation – October)

- In what ways does bravery or courage show up in your life?
- What does love mean in your life?
- What are some changes that you anticipate on the horizon? Do you look at these changes with excitement, anxiety, other?

I made all of my dreams come true

So now it's time to pay it forward, it's a feast, come through (growth (modeling and mentorship), esteem (who I am now; how I am now), community (all))

- Have any of your dreams come true in life yet? Which ones?
- What are some dreams that you are really looking forward to?
- What are you grateful for in your own life that you would like to pay forward so that others have similar opportunities/experiences?
- What is something you know or can do that you would like to share with others?
- What is a resource (i.e., something that you have to give/share) that you want others to benefit from or enjoy?

I waded through those muddy waters

And pulled myself out that quicksand (resilience)

- What are some of the “muddiest waters” that you have had to wade through in life? What did it feel like at that time? How might you currently be in muddy water?
- How can you describe that quicksand feeling in the context of what was going on for you?
- How were you able to pull yourself out of that situation?
- Were there any other people, groups, or organizations that were helpful in getting you out of that quicksand?

To get the shit I got, my people need something too

I put the work in on my mind, I had to see something new (resilience; community -resilience, [social] change; growth – aspirational vision of “new” – work on my mind – esteem who and how I am, what I want)

- Who do you identify with? What groups do you identify with? What is/Who are your tribe?
- What are some things that you believe these/ “your” people need that they don’t have appropriate access to?
- Kota “put the work in on his mind.” In what ways are you focusing on your own mind and the way you think about and respond to the world around you?
- What are your thoughts about therapy, counseling, and mental health? In what ways do you think this is (or is not) influenced by your family, or your friends thoughts about therapy?

I share my journey with my people, here, read something cool (growth – mentorship and modeling; community, change)

- What are some of the most important pieces of your life journey that you would like to share with people? Anyone in particular that you most want to know your journey?
- What is a major take-away or “A-ha!” moment from your life up until this point that is a personal jewel or gem that you will hold onto?

It make me happy when I hear that it's helping you and your growth

'Cause I know that feeling well, and you should feel that too (growth, esteem – makes me happy; community – change [to the extent that collective growth is part of the mission])

- Who is a person in your life that you really want to see grow into the best version of themselves?
- What is something you learned in life that you would want to share as advice?
- If you were to tell them exactly how much they meant to you, what would you say to them?
- What is a strength or talent you have that you would love to gift to that person as they work toward the best version of themselves?
- How does it feel when you are able to look back and realize how much you have grown or how much you have learned?
- Who do you want to better appreciate the accomplishments they have achieved or the progress they have made in life?

And I been calling for these sunny days

Good kids, solid woman, houses, and my money straight (esteem, growth, community – family as community)

- Kota speaks to his “sunny days” and the things he appreciates about his life. Not in a comparative way, but what are the things you appreciate about your life? What are some things “on your list” that you are happy about?
- What are you looking for in terms of relationships? A family?
- What are you looking for in terms of your financial situation, and having your “money straight?”

I know my dad love me, he just show it in a funny way

Even when it's raining, I treat it like it's my lucky day (resilience, growth – SEL social awareness, forgiveness/ decision-making; gratitude)

- What is your relationship with your parent(s) or guardian(s)?
- Do you have parents or guardians that have a funny way of showing their feelings toward you? How much are you able to share with them about how their actions impact you?
- How do you fall on the glass half-full or half-empty conversation? How well are you in seeing the silver-lining with situations?
- What is a situation that was really hard at the time, but looking back it was helpful in the long-run?
- What are some things you are currently grateful for?

I don't give a fuck what you think of me and my funny face

That's another level of freedom, thank you, humiliation (esteem – who and how I am; how comfortable I am with appearance; no need for external validation, resilience (coping with physical and social realities), growth/maturity and freedom)

- What is something you have been teased about in the past that you would like to no longer be a trigger or refuse to let trigger you? What have you learned not to give an F about?
- What is something that you can tell yourself about this trigger to release it's emotional hold on you?
- What are some of your strengths or talents that you are proud of and make you smile?
- What is some situation you have overcome and made it through that help you remember how strong you are?

The devil never let you go without a battle

And battle is what you need (resilience; community)

- What battles have you fought?
- Are there any difficulties in life that you are battling to overcome? Something that is very challenging you may have thought you got through it only to find yourself still at it?
- What is something you have struggled to overcome or get through that you realize now was actually helpful for you to go through?

To make it where it's royal and green

Take in the scene, it's a dream (resilience, growth, community, social change for community well-being – collective “making it”)

- What is your vision for life at its best? What seems like a dream in your life?
- What do you dream of? For yourself? For those you love and care about? For society?
- What is your vision for a community you highly identify with as the best version of itself? What are the changes in society that you would most like to see?

Note: These are all highly generalized for universality and breadth of applicability. These could obviously be more specific based on initial layers of identity (e.g., gender and race/ethnicity) and even further nuanced based on intersectionalities.

Activity: “1 Question, 1 Bar”

- Answer the question(s) with one sentence only.
- Then, create a second related sentence that rhymes.

Activity: Therapeutic Lyric Writing

- Answer the question(s) in more depth; elaborate and discuss; discuss in the context of therapeutic goals (e.g., the real you; healthy coping; mentorship and modeling).
- Use TextFX to expand and elaborate even further - <https://textfx.withgoogle.com/>

IDEAS AND GOALS: CUE POINTS/SAMPLES/TAGLINES/THEMES

ESTEEM Enduring Idea:

Only you know the real you and it is up to you to determine the you that you want to be

Goal: Connect your feelings to who you really are, not to what others say or do; be confident independent of money, image or status

You buried me thinking I wouldn't pop up

Three days and three nights later like I was Lazarus (resilience; esteem)

You ain't getting close with 30 degrees of separation

You don't even know my type of dedication (esteem, resilience, growth [“my type of dedication”])

I got these scars from war, these ain't for decoration

Thick skin, moving with love, peace is my destination (resilience, growth, esteem)

I been off the grid with my family

Seeing shit that you could probably see

If you wasn't fixated on me (community, risk – comparison, esteem, resilience/growth (seeing and doing))

They dream of rapping like me, and I run a track in my sleep

No exaggeration, I wrote this shit in my sheets (esteem [easy for me to create, others dream of doing what I do])

Wake up when I wanna, fly to Paris when I wanna

I don't really got a ceiling, the definition of free (esteem, resilience, growth – “freedom”)

And **freedom come with bravery, word to Harriet Tubman**

And **freedom like my coffee, I need it daily to function** (community – resilience; resilience – coping - bravery; esteem [part of my new identity])

And I been calling for these sunny days

Good kids, solid woman, houses, and my money straight (esteem, growth, community – family as community)

I don't give a fuck what you think of me and my funny face

That's another level of freedom, thank you, humiliation (esteem – who and how I am; how comfortable I am with appearance; no need for external validation, resilience (coping with physical and social realities), growth/maturity and freedom)

RESILIENCE Enduring Idea:

Move from Surviving to Thriving

Goal: Identify safe ways of sharing your unique life story; move beyond survival mode; & embrace healthy ways of thriving despite adversity

You buried me thinking I wouldn't pop up

Three days and three nights later like I was Lazarus (resilience; esteem; spirituality)

I know how to generate passive dollars for generations

Better than scholars and never resort to degradation (resilience [“how” I cope], growth, esteem, community, [social] change – against degrading for dollars)

I got these scars from war, these ain't for decoration

Thick skin, moving with love, peace is my destination (resilience, growth, esteem)

Making noise, something like an automatic weapon

I'm spraying it from my chest 'til the chopper coming for me (esteem, resilience [what I am doing to take control of my situation, how I'm coping – expressing/sharing my life, lessons])

I waded through those muddy waters

And pulled myself out that quicksand (resilience)

I know my dad love me, he just show it in a funny way

Even when it's raining, I treat it like it's my lucky day (resilience, growth – SEL social awareness, forgiveness/ decision-making; gratitude)

The devil never let you go without a battle

And battle is what you need (resilience – post-traumatic growth; especially for spirituality; community)

GROWTH Enduring Idea:

Focus on and take action to be at your best (the best version of yourself), and be of service to others

Goal: Create a vision and work toward being “the best you” possible, including helping others to reach their potential

Water me with the drama, I shoulder all of your trauma

That got absolutely nothing to do with me, it's an honor (resilience; growth)

I know some people wanna put two in me, that ain't new to me

Envy in they eyes, I'm only doing what's true to me (community, resilience, esteem)

Rock bottom where you find gems hidden in revelations

Looking up at Jah, You couldn't bless me with a better basement (post-traumatic growth; resilience; growth (spirituality); community [basement])

I got these scars from war, these ain't for decoration

Thick skin, moving with love, peace is my destination (resilience, growth, esteem)

I forgive a hater, I tell them to save the explanations

I enjoy the ironic vanity in your demonstrations (growth [forgiveness over resentment/revenge], resilience, community [“haters” – plural])

I'm on a record, really having these conversations for free

Giving you my hard-earned lessons, knowledge, and grief (growth [modeling and mentorship – “having conversations (you can learn from) for free])

And bravery is simply a vital function for love

October baby coming, it's time to bring out the pumpkins (resilience, growth [love], growth – transformation – October)

I made all of my dreams come true

So now it's time to pay it forward, it's a feast, come through (growth (modeling and mentorship), esteem (who I am now; how I am now), community (all))

To get the shit I got, my people need something too

I put the work in on my mind, I had to see something new (resilience; community -resilience, [social] change; growth – aspirational vision of “new” – work on my mind – esteem who and how I am, what I want)

I share my journey with my people, here, read something cool (growth – mentorship and modeling; community, change)

It make me happy when I hear that it's helping you and your growth

'Cause I know that feeling well, and you should feel that too (growth, esteem – makes me happy; community – change [to the extent that collective growth is part of the mission])

To make it where it's royal and green; **Take in the scene, it's a dream** (resilience, growth, community, social change for community well-being – collective “making it”)

COMMUNITY Enduring Idea:

Move from “me” to “we” and be accountable for your group experiences

Goal: Promote and feel connected to the healthy and safe parts of your communities

I know some people wanna put two in me, that ain't new to me

Envy in they eyes, I'm only doing what's true to me (community, resilience, esteem)

Made it with people around me saying, "You'll never make it"

Now they get the point, I don't need to hear the exclamation (community, resilience, esteem)

I been off the grid with my family

Seeing shit that you could probably see

If you wasn't fixated on me (community, risk – comparison, esteem, resilience/growth (seeing and doing))

And freedom come with bravery, word to Harriet Tubman

And freedom like my coffee, I need it daily to function (community – resilience; resilience – coping - bravery; esteem [part of my new identity])

To get the shit I got, my people need something too

I put the work in on my mind, I had to see something new (resilience; community -resilience, [social] change; growth – aspirational vision of “new” – work on my mind – esteem who and how I am, what I want)

I share my journey with my people, here, read something cool (growth – mentorship and modeling; community, change)

To make it where it's royal and green

Take in the scene, it's a dream (resilience, growth, community, social change for community well-being – collective “making it”)

[SOCIAL] CHANGE Enduring Idea:

Be an agent of change

Goal: Use your voice and talents to improve conditions in partnership with others to make your communities the best they can be

And **freedom come with bravery, word to Harriet Tubman***

And **freedom like my coffee, I need it daily to function** (community – resilience; resilience – coping - bravery; esteem [part of my new identity])

To get the shit I got, my people need something too

I put the work in on my mind, I had to see something new (resilience; community -resilience, [social] change; growth – aspirational vision of “new” – work on my mind – esteem who and how I am, what I want)

CUE POINTS

CUES: What are your top 8 DJ cue points?

For example:

1. freedom come with bravery, word to Harriet Tubman; freedom like my coffee, I need it daily to function
2. I share my journey with my people, here, read something cool
3. I put the work in on my mind, I had to see something new
4. You buried me thinking I wouldn't pop up
5. I don't give a fuck what you think of me and my funny face
6. Thick skin, moving with love, peace is my destination
7. Made it with people around me saying, "You'll never make it"
8. It make me happy when I hear that it's helping you and your growth, 'Cause I know that feeling well, and you should feel that too

SAMPLES - General: What are your top 10 samples in general for looping and chopping?

e.g., any of the cue points, or others, like, "I know some people wanna put two in me, that ain't new to me"

SAMPLES - Scratching and Hooks: What are 5 – 10 scratch samples for hooks?

e.g., any of the cue points, or others, like, "I put the work in on my mind, I had to see something new."

TAGLINES: What lines or phrases could be used as a personal tagline or motto?

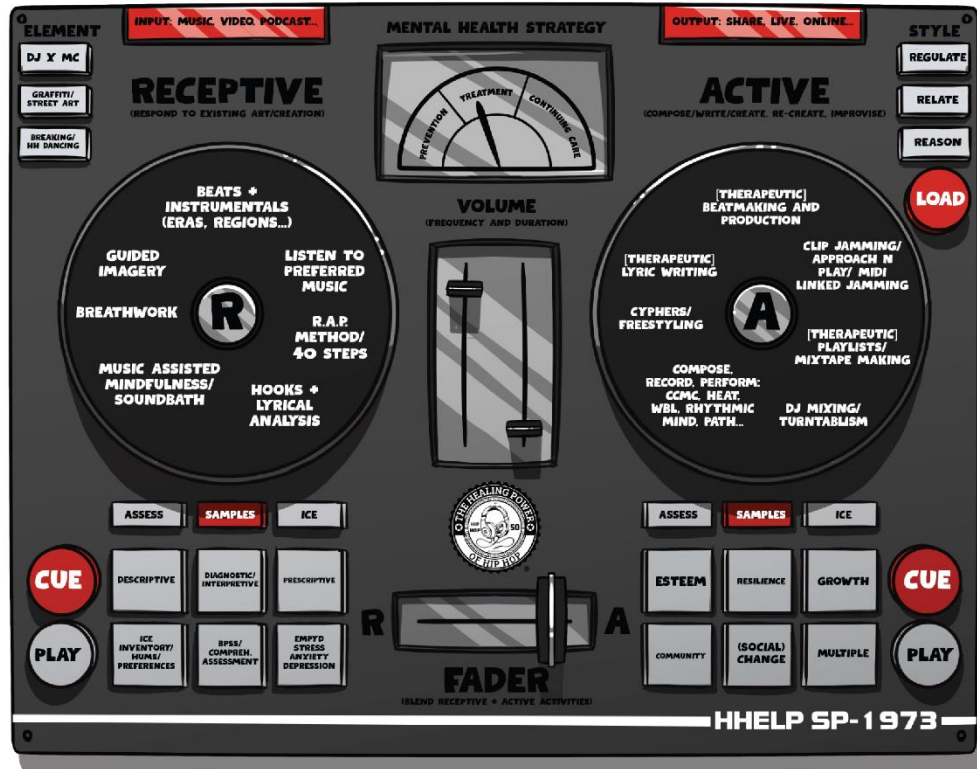
For example:

- "moving with love, peace is my destination"
- "You buried me thinking I wouldn't pop up"
- "I put the work in on my mind, I had to see something new"

THEMES: What lines can you use as a theme or prompt for visual art (e.g., a mural)?

For example:

- "moving with love, peace is my destination"
- "You buried me thinking I wouldn't pop up"
- "I put the work in on my mind, I had to see something new"



HIP HOP AND EMPOWERMENT

FOR LIFE-COURSE PATHWAYS

ADDITIONAL AI PROMPTS

AI prompt:

create a dynamic colorful cyberpunk image inspired by the quote • “moving with love, peace is my destination”



AI Prompt:

Create a dynamic and vibrant image inspired by the quote • “You buried me thinking I wouldn't pop up”



AI Update:

make the face more of a shadow...



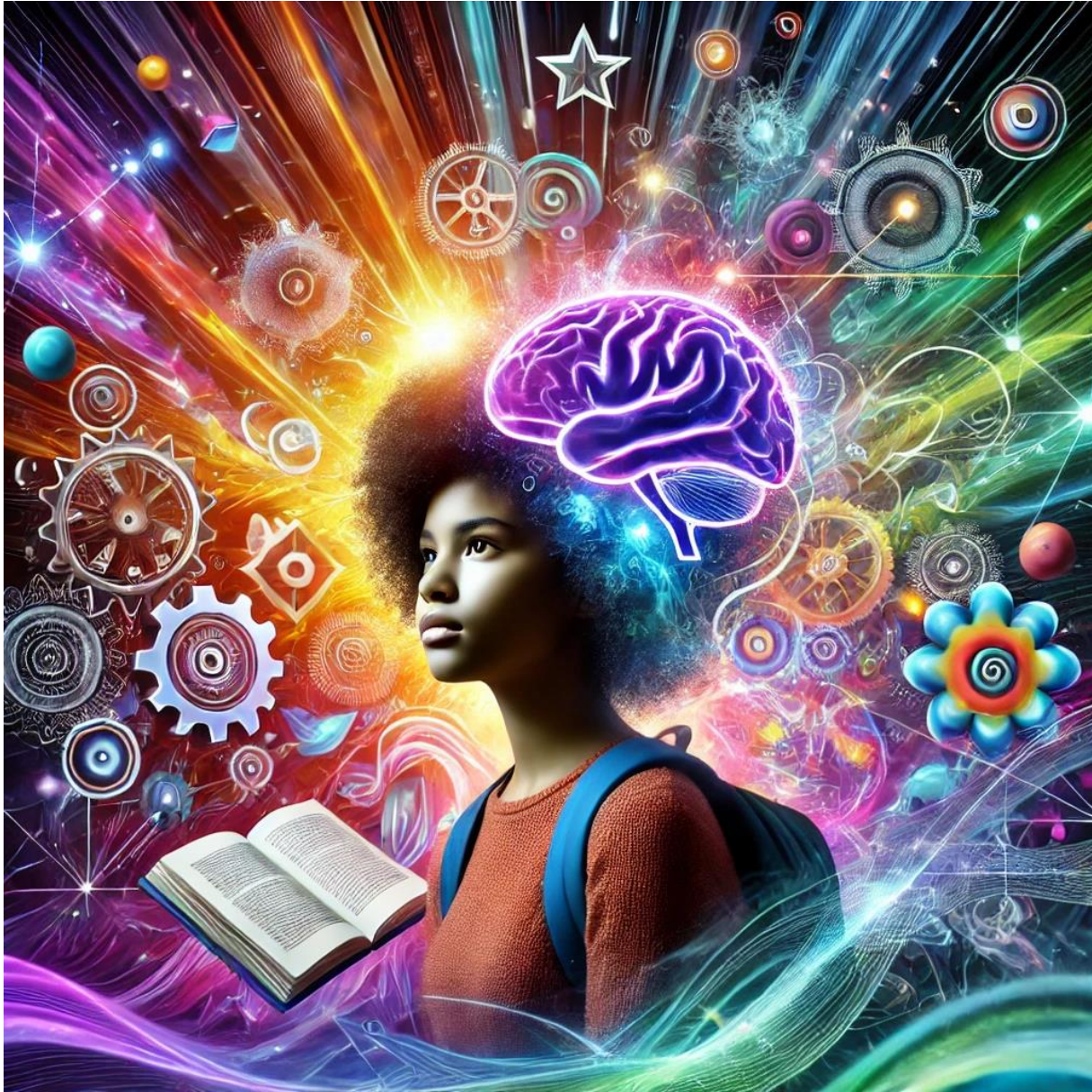
AI Update:

use more of a blue and orange theme



Updated AI prompt:

Create a vibrant, dynamic, and teen friendly image with an African American or Latino girl inspired by the quote • “I put the work in on my mind, I had to see something new”



Updated AI prompt, using Travis' ICE framework:

Here's a series of therapeutic and empowering questions and prompts inspired by the lyrics of "Scapegoat" by Chance the Rapper, rooted in Raphael Travis' *Individual and Community Empowerment Framework*. These questions aim to promote self-reflection, emotional growth, and community-focused empowerment.

SELF-AWARENESS AND EMPOWERMENT

1. Personal Growth and Overcoming Challenges:

- What challenges in your life have felt like "being buried," and how did you manage to "pop up" from them?
- Can you identify a time when you turned a negative experience (e.g., "rock bottom") into an opportunity for growth or revelation? How did that transformation impact you?
- What does "thick skin, moving with love" mean to you? How can this approach help you maintain peace in challenging situations?

2. Identity and Authenticity:

- The lyrics mention "doing what's true to me." What does it mean to live authentically for you? Are there ways you can align your daily actions more with your true self?
- How do you protect your identity and sense of self when others doubt or criticize you?

3. Forgiveness and Letting Go:

- Reflect on someone you've forgiven or would like to forgive. How has or could forgiveness positively affect your mental and emotional well-being?
 - The artist mentions "I forgive a hater...." What role does forgiveness play in freeing yourself from the weight of negativity?
-

RESILIENCE AND HEALING

4. Processing Trauma and Building Resilience:

- "I shoulder all of your trauma that got absolutely nothing to do with me, it's an honor." Reflect on how you handle the emotional burdens of others. What boundaries could you set to protect your mental health while being supportive?

- How have your “scars from war” shaped who you are today? What lessons or strengths have you gained from difficult experiences?

5. Bravery and Freedom:

- What does bravery look like in your life? How does it contribute to your sense of freedom and empowerment?
- The lyrics state, “Freedom come with bravery.” What fears hold you back, and what small brave steps could you take to overcome them?

COMMUNITY AND CONNECTION

6. Paying It Forward:

- The artist mentions, “I made all of my dreams come true, so now it’s time to pay it forward.” How do you share your growth or resources with others in your community?
- How can you support the growth and empowerment of people around you while maintaining balance in your own life?

7. Role of Family and Relationships:

- Reflect on the line “I know my dad love me, he just show it in a funny way.” How do you interpret and navigate expressions of love from family or close relationships that may differ from your expectations?
- How do your relationships contribute to your sense of empowerment or self-worth?

CREATIVE SELF-EXPRESSION

8. Artistic and Emotional Expression:

- “Making noise, something like an automatic weapon.” How do you channel your emotions into creative or productive outlets?
 - If you were to create art (music, writing, painting, etc.) to express your personal journey, what would the theme or message be?
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VISUALIZATION AND ASPIRATIONS

9. Envisioning the Future:

- “I waded through those muddy waters... to get the shit I got.” Reflect on what you’ve worked hard to achieve. What are the “sunny days” you are calling for in your future?
- How do you envision your life when you feel completely free and empowered?

10. Manifestation and Gratitude:

- “Even when it’s raining, I treat it like it’s my lucky day.” How can you practice gratitude even during difficult times?
- What are three things you are currently grateful for that contribute to your sense of growth and peace?

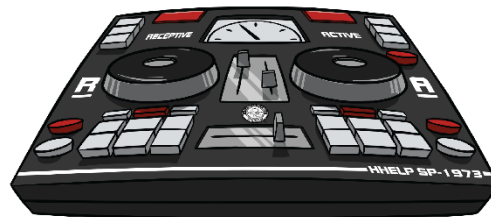
INSPIRED ACTION

11. Implementing Change:

- The artist writes, “I put the work in on my mind, I had to see something new.” What’s one change you could make to see things from a new perspective?
- How can you share your journey with others to inspire and uplift them?

12. Empowering Community:

- How can you use your personal story or talents to empower others in your community?
- What does “generating passive dollars for generations” mean to you in terms of leaving a legacy or creating opportunities for future generations?



BEATS AND LYRICS TO GO
THERAPEUTIC USES OF HIP HOP CULTURE



ESTEEM - RESILIENCE - GROWTH
COMMUNITY - CHANGE