

“Broken Record”

By Lamiya

My most recent song is titled "Broken Record", and it's about what it's like to battle depression and insomnia. It's kind of hard to describe my song, so I'll just put parts of it in here and analyze the meaning behind them.

The first verse goes like this:

I can't sleep anymore. I don't dream.

When I do, they're only nightmares.

Every one is the same,

I'm alone, walking around, lost.

This verse shows one's fear to fall asleep, due to nightmares. The last line shows that the nightmares reflect the person's biggest fear; to be alone. Every nightmare has a similar theme, and each one ends with the person having no one to help them.

Verse two:

My mind is where my demons live,

and they're eating away at the void inside.

When I lay awake, they come out and try

to drag me away again.

Someone's mind can be the most dangerous and detrimental factor to depression. Loneliness gives people a lot of extra time alone. In this time, many people have a tendency to think too much, because there isn't much else to do. Over-thinking leads to feeling worse. The sadness inside grows, and the empty feeling grows along with it. Insomnia is a sleeping disorder, which makes it hard for someone to fall asleep and stay asleep. When someone can't fall asleep, they'll think about everything that's wrong, which is what I meant by the last two lines of that verse.

Chorus:

Everyday I'm afraid that tomorrow will be too late.

It's funny how your days drag on when you're lonely.

The pain never ends.

The good thing about having nothing,

is that you don't have anything to lose.

It's always that way.

This is where the song connects to the title. A broken record basically repeats a certain part of a song over and over again. In a way, a person who has depression feels like their life is a broken record, because the sadness never leaves, and bad things keep happening. Eventually, they settle in and become comfortable with being sad. Sadness becomes familiar, like a friend. It's much easier to be sad, than to go back and forth between feeling sad and happy. It hurts a lot more to go from happy to sad. However, if someone is already sad, it won't hurt as much. Of course it still hurts when things go wrong all over again. But if you're lonely and have nobody there, it won't kill you if you lose someone else-because you don't have anyone else to lose.

The rest of the song has a similar meaning. I actually started off writing this song without any intention to write a song. I began writing down random sentences. I looked at my paper, and thought that they'd make great lyrics. I continued to write random things, but focused them around one general idea. Eventually, I decided to change around some of the words, and combine them into a well-formatted song. I know what it's like to be lonely, so I decided to write a song in hopes to show any other lonely people that they are not alone. I'm the kind of person that helps anyone and everyone they can. The bands I listen to write lyrics that simply amaze me. Not only because of the beauty of the lyrics, but, the fact that there are other people who know what it's like to feel the same way I do. That's the kind of impact I wanted to have on my audience. I've helped a lot of people with my personality. I'd like my music to do the same.

I've performed this song only once, to a really close friend of mine. While I sang to her and played guitar, I watched as certain lines and lyrics impacted her. Afterwards, she hugged me really tight and told me to never stop writing music. For this reason, I think that music will forever be part of my life. It won't be my main focus, because my biggest goal in life is to be a doctor. However, I'd love to continue helping people with my songs in the future.