

Positively ME!

If you don't want to sing the entire song, the important words to sing contain the positive "I" statements.

These songs can be used as a tool for recovery. It is well known that saying positive affirmations helps us change the negative tapes that often play in our head. These songs have positive affirmations within the song. By singing the song, with or without the CD, you begin changing negative thoughts into positive ones. When singing the song, think about how the song may pertain to your life. For instance, "*I Will Survive*" is about a woman overcoming a relationship. What are you trying to overcome? I suggest, when you sing the Helen Reddy song "*I am Woman*", that you substitute your name for Woman. This is very positive, because you are you and no one can be you. You are essential to life and the universe, although sometimes it may not feel like it. Once you can change how you think about yourself, you can start succeeding in life and feeling better about yourself.

Many people feel silly saying good things about themselves out loud; however, if the good things are recorded on a song, then you do not feel as silly singing them out loud. For this to be most effective, you need to say the positive affirmations out loud.

Listen to words of the songs you listen to most often. What are they saying? Is it positive? Does it lift you up? By watching what we say, sing and do, we begin to identify those things that reinforce the old tapes. Consider looking for songs in the genre you like that are positive and inspire you to succeed in your recovery. Barriers are only barriers if you allow them to be. Remember the person who told you, "You will never (fill in the blank)." As long as you accepted what they said as true, this became a barrier for you. Because you are here, you know there are things that you have done that people said you would never do. Challenge the barriers that keep you from having the life you want to have. Change your words and thoughts to positive "I Can" statements. You can recovery because RECOVERY IS POSSIBLE!

Enjoy the songs!

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We Will Rock You*

by Queen

Buddy you're a boy make a big noise
Playin' in the street gonna be a big man some day
You got mud on yo' face
You big disgrace
Kickin' your can all over the place
Singin'

We will we will rock you
We will we will rock you

Buddy you're a young man hard man
Shoutin' in the street gonna take on the World some day
You got blood on yo' face
You big disgrace
Wavin' your banner all over the place
Singin'

We will we will rock you
We will we will rock you

Buddy you're an old man poor man
Pleadin' with your eyes gonna make you some peace some day
You got mud on your face
You big disgrace
Somebody better put you back in your place

We will we will rock you
We will we will rock you

*Some people might not think of this as a positive song, however this is a song about not giving up. No matter your age, what the world thinks of you, and what has happened to you, you can rock the world.

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We Are the Champions

By Queen

I've paid my dues

Time after time

I've done my sentence

But committed no crime

And bad mistakes

I've made a few

I've had my share of sand

Kicked in my face

But I've come through

And I need to go on and on and on and on

We are the champions - my friend

And we'll keep on fighting till the end

We are the champions

We are the champions

No time for losers

'cause we are the champions of the world

I've taken my bows

And my curtain calls

You've bought me fame and fortune

And everything that goes with it

I thank you all

But it's been no bed of roses no pleasure cruise

I consider it a challenge before the whole human race

And I ain't gonna lose

And I need to go on and on and on and on

We are the champions - my friend

And we'll keep on fighting till the end

We are the champions

We are the champions

No time for losers

'cause we are the champions of the world

We are the champions - my friend

And we'll keep on fighting till the end

We are the champions

We are the champions

No time for losers

'cause we are the champions

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I Am Woman

by Helen Reddy

I am (put your own name here), hear me roar

In numbers too big to ignore

And I know too much to go back an' pretend

'cause I've heard it all before

And I've been down there on the floor

No one's ever gonna keep me down again

Oh yes I am wise

But it's wisdom born of pain

Yes, I've paid the price

But look how much I gained

If I have to, I can do anything

I am strong (strong)

I am invincible (invincible) I am (put your own name here).

You can bend but never break me

'cause it only serves to make me

More determined to achieve my final goal

And I come back even stronger

Not a novice any longer

'cause you've deepened the conviction in my soul

Oh yes I am wise

But it's wisdom born of pain

Yes, I've paid the price

But look how much I gained

If I have to I can do anything

I am strong (strong)

I am invincible (invincible) I am (put your own name here).

I am (put your own name here), watch me grow

See me standing toe to toe

As I spread my lovin' arms across the land

But I'm still an embryo

With a long long way to go

Until I make my brother understand

Oh yes I am wise

But it's wisdom born of pain

Yes, I've paid the price

But look how much I gained

If I have to I can face anything

I am strong (strong)

I am invincible (invincible)

I am (put your own name here).

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I FEEL GOOD

by James Brown

Wo! I feel good, I knew that I would now
I feel good, I knew that I would now
So good, so good, I got you

Wo! **I feel nice**, like sugar and spice
I feel nice, like sugar and spice
So nice, so nice, I got you

When I hold you in my arms
I know that I can do no wrong
and when I hold you in my arms
My love won't do you no harm
and **I feel nice**, like sugar and spice
I feel nice, like sugar and spice
So nice, so nice, I got you

When I hold you in my arms
I know that I can't do no wrong
and when I hold you in my arms
My love can't do me no harm

and **I feel nice**, like sugar and spice
I feel nice, like sugar and spice
So nice, so nice, well I got you

Wo! I feel good, I knew that I would now
I feel good, I knew that I would
So good, so good, 'cause I got you
So good, so good, 'cause I got you
So good, so good, 'cause I got you

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I Made it Through the Rain

by Barry Manilow

We dreamers have our ways, Of facing rainy days, And somehow we survive
We keep the feelings warm, Protect them from the storm, Until our time arrives
Then one day the sun appears, And we come shining through those lonely years

**I made it through the rain
I kept my world protected
I made it through the rain
I kept my point of view
I made it through the rain
And found myself respected
By the others who
Got rained on too
And made it through**

When friends are hard to find, And life seems so unkind, Sometimes you feel afraid
Just aim beyond the clouds, And rise above the crowds, And start your own parade
'Cause when I chased my fears away, That's when I knew that I could finally say

**I made it through the rain
I kept my world protected
I made it through the rain
I kept my point of view
I made it through the rain
And found myself respected
By the others who
Got rained on too
And made it through...**

REPEAT CHORUS

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I Can Do It

By Barbra Streisand

Life isn't always what it seems

You have to fight to hold your dreams

I'll not let mine slip out the window

I've got no time to see which way the wind blows

One day I'll wash my grubby face

Then shine it right on in the race to somewhere

I can do it

Yes I can now

I can do it

I know I can

Come big or small chance I'll take it there

I'll join the dance and sing my way

I can do it

Just you let me

I can do it

I know I can

I'll knock the whole world down on its ear

People can laugh I'll make 'em cheer

Think of all the boys

Think of all the girls

That life is passing by

I can do it

I've gotta do it

Just you watch me try!

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I'm Coming Out

by Diana Ross

I'm coming out, I'm coming, I'm coming out, I'm coming out, I'm coming out, I'm coming out

**I'm coming out, I want the world to know
Got to let it show I'm coming out
I want the world to know I got to let it show**

**There's a new me coming out
And I just had to live
And I just wanna give
I'm completely positive
I think this time around
I am gonna do it
Like you never knew it
Ooh, I'll make it through**

**The time has come for me To break out of the shell
I have to shout That I am coming out**

**I'm coming out I want the world to know
Got to let it show I am coming
I'm coming out, I'm coming
I want the world to know I got to let it show**

**I've got to show the world
All that I wanna be
And all my abilities
There's so much more to me
Somehow, I have to make them
Just understand
I got it well in hand
And, oh, how I've planned
I'm spreadin' love
There's no need to fear
And I just feel so good
Every time I hear:**

**I'm coming out
I want the world to know
Got to let it show
I'm coming out
I want the world to know
Got to let it show**

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I Can See Clearly Now

by Anne Murray

**I can see clearly now, the rain is gone,
I can see all the obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright (bright), bright (bright) Sun-Shiny day.
It's gonna be a bright (bright), bright (bright) Sun-Shiny day.**

**I think I can make it now, the pain is gone
All of the bad feelings have disappeared
Here is the rainbow I've been prayin' for
It's gonna be a bright (bright), bright (bright) Sun-Shiny day.
It's gonna be a bright (bright), bright (bright) Sun-Shiny d ay**

Look all around, there's nothin' but blue skies
Look straight ahead, nothin' but blue skies.

**I can see clearly now, the rain is gone,
I can see all obstacles in my way
Gone are the dark clouds that had me blind
It's gonna be a bright (bright), bright (bright) Sun-Shiny day.**

It's gonna be a bright (bright), bright (bright) Sun-Shiny day.

It's gonna be a bright (bright), bright (bright) Sun-Shiny day...

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Fame

by Loreleis

Baby look at me, And tell me what you see.

You ain't seen the best of me yet

Give me time, I'll make you forget the rest.

I've got more to me and you can set it free

I can catch the moon in my hand

Don't you know who I am?

Remember my name (Fame)

I'm gonna live forever

I'm gonna learn how to fly (High)

I feel it coming together

People will see me and cry (Fame)

I'm gonna make it to heaven

Light up the sky like a flame (Fame)

I'm gonna live forever

Baby, remember my name

Remember, Remember, Remember, Remember,

Remember, Remember, Remember, Remember

Baby hold me tight, cuz you can make it right.

You can shoot me straight to the top

Give me love and take all I got to give

Baby I'm tough

Too much is not enough

I can ride your heart til it breaks

Ohhh I got what it takes.

Remember my name (Fame)

I'm gonna live forever

I'm gonna learn how to fly (High)

I feel it coming together

People will see me and cry (Fame)

I'm gonna make it to heaven

Light up the sky like a flame (Fame)

I'm gonna live forever

Baby, remember my name

Remember, Remember, Remember, Remember,

Remember, Remember, Remember, Remember

Repeat the Chorus

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Top of the World

by the Carpenters

Such a feelin's comin' over me

There is wonder in most everything I see

Not a cloud in the sky

Got the sun in my eyes

And I won't be surprised if it's a dream

Everything I want the world to be

Is now coming true especially for me

And the reason is clear

It's because you are here

You're the nearest thing to heaven that I've seen

I'm on the top of the world lookin' down on creation

And the only explanation I can find

Is the love that I've found ever since you've been around

Your love's put me at the top of the world

Something in the wind has learned my name

And it's tellin' me that things are not the same

In the leaves on the trees and the touch of the breeze

There's a pleasin' sense of happiness for me

There is only one wish on my mind

When this day is through I hope that I will find

That tomorrow will be just the same for you and me

All I need will be mine if you are here

I'm on the top of the world lookin' down on creation

And the only explanation I can find

Is the love that I've found ever since you've been around

Your love's put me at the top of the world

I'm on the top of the world lookin' down on creation

And the only explanation I can find

Is the love that I've found ever since you've been around

Your love's put me at the top of the world

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I Will Survive

by Diana Ross

(this is dedicated to my girls)

At first I was afraid, I was petrified
Kept thinkin' I could never live without you by my side
Then I spent so many nights thinking how you did me wrong

And I grew strong
And I learned how to get along

And so you're back from outer space
I just walked in to find you here, with that sad look upon your face
I should have changed that stupid lock
I should have made you leave your key
If I had known for just one second you'd be back to bother me

Go on now, go walk out the door
Just turn around now
'coz you're not welcome anymore
Weren't you the one who tried to break me with goodbye?

Did you think I'd crumble?
Did you think I'd lay down and die?
Oh no not I, I will survive
For as long as I know how to love, **I know I'll stay alive**
I've got all my life to live
And I've got all my love to give
I'll survive
I will survive Hey hey

(I, I will survive) Hey hey
(I, I will survive) Every day
(I, I will survive) Oh yeah

It took all the strength I had not to fall apart
Just trying hard to mend the pieces of my broken heart
And I spent oh so many nights just feeling sorry for myself
I used to cry, but **now I hold my head up high**
And you see me, somebody new
I'm not that chained up little person still in love with you
And so you felt like dropping in and just expect me to be free
But now I'm savin' all my lovin' for someone who's lovin' me

Go on now, go walk out the door
Just turn around now
You're not welcome anymore

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Weren't you the one who tried to break me with goodbye?

Did you think I'd crumble?

Did you think I'd lay down and die?

Oh no not I, I will survive

Oh as long as I know how to love, **I know I'll stay alive**

I've got all my life to live

And I've got all my love to give

I'll survive

I will survive Hey hey

Go now, go walk out the door

Just turn around now

'coz you're not welcome anymore

Weren't you the one who tried to break me with goodbye?

Did you think I'd crumble?

Did you think I'd lay down and die?

Oh no not I, I will survive

Oh as long as I know how to love, **I know I'll stay alive**

I've got all my life to live

And I've got all my love to give

I'll survive

I will survive

I will survive

(I, I will survive)

Hey

(I, I will survive)

Every day

(I, I will survive)

Yeah yeah

(I, I will survive)

Oh

(I, I will survive)

I will survive

(I, I will survive)

(I, I will survive)

I've got all my love to give

(I, I will survive)

I've got all my life to live

(I, I will survive)

My love is not in vain

(I, I will survive)

I will survive

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I'm So Excited

by the Pointer Sisters

Tonight's the night we're gonna make it happen,
Tonight we'll put all other things aside.
Give in this time and show me some affection,
We're going for those pleasures in the night.

I want to love you, feel you,
Wrap myself around you.
I want to squeeze you, please you,
I just can't get enough,
And if you move real slow,
I'll let it go.

**I'm so excited, And I just can't hide it,
I'm about to lose control And I think I like it.
I'm so excited, And I just can't hide it,**
And I know, I know, I know, I know I know I want you, want you.

We shouldn't even think about tomorrow,
Sweet memories will last a long long time.
We'll have a good time baby don't you worry,
And if we're still playing around boy that's just fine.

**Let's get excited, And we just can't hide it,
I'm about to lose control and I think I like it.
I'm so excited, And I just can't hide it,**
And I know, I know, I know, I know I know I want you, want you.

I want to love you, feel you,
Wrap myself around you.
I want to squeeze you, please you,
I just can't get enough,
And if you move real slow,
I'll let it go.

**I'm so excited, And I just can't hide it,
I'm about to lose control And I think I like it.
I'm so excited, And I just can't hide it,**
And I know, I know, I know, I know I know I want you, want you.

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Brass in Pocket

by the Pretenders

Got brass in pocket
Got bottle I'm gonna use it
Intention, **I feel inventive**
Gonna make you, make you, make you notice

Got motion restrained emotion
Been driving Detroit leaning
No reason just seems so pleasing
Gonna make you, make you, make you notice

**Gonna use my arms, Gonna use my legs
Gonna use my style, Gonna use my sidestep
Gonna use my fingers, Gonna use my, my, my imagination**

**'cause I gonna make you see
There's nobody else here
No one like me
I'm special so special**
I gotta have some of your attention give to me

Got rhythm I can't miss a beat
Got music it's so sweet
Got something I'm winking at you
Gonna make you, make you, make you notice

**Gonna use my arms, Gonna use my legs
Gonna use my style, Gonna use my sidestep
Gonna use my fingers, Gonna use my, my, my imagination**

**'cause I gonna make you see
There's nobody else here
No one like me
I'm special, so special**
I gotta have some of your attention Give to me
**'cause I gonna make you see
There's nobody else here
No one like me
I'm special, so special**
I gotta have some of your attention Give to me

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Take Me As I Am

by Tonic

I never knew my father, I never knew his pain
Or that an empty home life, Would break him down again

**So when I feel like runnin', I have to look inside
I wanna find the answers, I wanna break my line**

**Fear falls down like rain
And it makes me whole again
Fear falls like rain**

**Take me as I am, I'm not broken
Pieces of my life are not tokens**

I wanna let you know. That I'm still learning
How to love again, and stop hurting
I wanna roll my darkness into a million suns
I need to find forgiveness when all the pain is done
I wanna hear I'm sorry, I wanna let you go
I have to find my own life, I wanna learn to grow

**Fear falls down like rain
And it makes me whole again
Fear falls like rain**

**Take me as I am, I'm not broken
Pieces of my life are not tokens**

I wanna let you know that I'm still learning
How to love again and stop hurting
Oh, yeah

And it makes me whole again

**Take me as I am
I'm not broken
Pieces of my life
Are not tokens**

I wanna let you know
That I'm still learning
How to love again
And stop hurting
And stop hurting

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Greatest Love Of All

By Whitney Houston

I believe the children are our future
Teach them well and let them lead the way
Show them all the beauty they possess inside
Give them a sense of pride to make it easier
Let the children's laughter remind us how we used to be

Everybody's searching for a hero
People need someone to look up to
I never found anyone who fulfilled my needs
A lonely place to be and **so I learned to depend on me**

**I decided long ago
Never to walk in anyone's shadows
If I fail, If I succeed
At least I live as I believed
No matter what they take from me
They can't take away my dignity**

**Because the greatest love of all is happening to me
I've found the greatest love of all inside of me
The greatest love of all is easy to achieve
Learning to love yourself, it is the greatest love of all**

I believe the children are our future
Teach them well and let them lead the way
Show them all the beauty they possess inside
Give them a sense of pride to make it easier
Let the children's laughter remind us how we used to be

**I decided long ago
Never to walk in anyone's shadows
If I fail, If I succeed
At least I lived as I believed
No matter what they take from me**

**They can't take away my dignity
Because the greatest love of all is happening to me
I've found the greatest love of all inside of me
The greatest love of all is easy to achieve
Learning to love yourself, it is the greatest love of all**

And if by chance that special place
That you've been dreaming of
Leads you to a lonely place
Find your strength in love

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I Hope You Dance*

by Lee Ann Womack

I hope you never lose your sense of wonder,
You get your fill to eat but always keep that hunger,
May you never take one single breath for granted,
God forbid love ever leave you empty handed,
I hope you still feel small when you stand beside the ocean,
Whenever one door closes I hope one more opens,
Promise me that you'll give faith a fighting chance,
And when you get the choice to sit it out or dance.

I hope you dance....I hope you dance.

I hope you never fear those mountains in the distance,
Never settle for the path of least resistance,
Livin' might mean takin' chances but they're worth takin',
Lovin' might be a mistake but it's worth makin',
Don't let some hell bent heart leave you bitter,
When you come close to sellin' out reconsider,
Give the heavens above more than just a passing glance,
And when you get the choice to sit it out or dance.

I hope you dance....I hope you dance.

I hope you dance....I hope you dance.

(Time is a wheel in constant motion always rolling us along,
Tell me who wants to look back on their years and wonder where those years have gone.)

I hope you still feel small when you stand beside the ocean,
Whenever one door closes I hope one more opens,
Promise me that you'll give faith a fighting chance,
And when you get the choice to sit it out or dance.

Dance....I hope you dance.

I hope you dance....I hope you dance.

I hope you dance....I hope you dance..

(Time is a wheel in constant motion always rolling us along,
Tell me who wants to look back on their years and wonder where those years have gone.)

*This is my song for you! I hope that you enjoyed this CD and that you have sung all of it and found restorative powers through your singing. Remember,

RECOVERY IS POSSIBLE!

Janet