



Sober Rebel Playlist Reflection Exercise

Week 5 - Music as Medicine: Listening for Strength

Welcome Message

Hey Rebels — while I'm away this week, I want you to spend some time connecting with the *Sober Rebel Playlist*.

Music has a way of reaching parts of us that words alone can't. It can move emotion, unlock memory, and remind you of who you're becoming. There's no right or wrong way to do this — just listen and notice what stands out.

Part 1: Listen + Highlight

Instructions:

- Play through the *Sober Rebel Playlist* list of songs and lyrics (choose 3-5 songs).
- Highlight or write down any lyric or line that hits you — something that gives you chills, brings a tear, or lights you up inside.
- For each lyric, reflect on the prompts below.

 **Lyric or Line
that Stood Out**

 **What It
Means to Me**

 **Emotion or Memory
It Brings Up**

 **How It Relates to
My Recovery**



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🎵 Lyric or Line
that Stood Out

💭 What It
Means to Me

❤️ Emotion or Memory
It Brings Up

🌱 How It Relates to
My Recovery

(Add extra paper if needed — the more you write, the deeper this goes!)



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Part 2: Reflection Prompts

1. Which lyric or song spoke to you the loudest — and why?
2. Did any lyrics remind you of your *old story*?
3. Did any lyrics speak to your *new story* — the one you're creating in sobriety?
4. What emotions came up as you listened — peace, sadness, hope, anger, release?
5. What song would you dedicate to your sober self today?
6. How did your body feel before and after listening?



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Part 3: Create Your Own Sober Rebel Playlist

BONUS ACTIVITY

Start building your personal playlist — songs that calm, empower, or remind you of your strength.



Song Title & Artist



**Why It Belongs on My
Playlist**

Example:

🎵 “Unstoppable” – Sia → Reminds me I’m strong even when I feel small.

🎵 “Better Days” – Dermot Kennedy → Gives me hope during healing.



Final Reflection:

“Music can be medicine, memory, and motivation. Every lyric that speaks to you is a reminder of how far you’ve come — and what you’re capable of.

Keep building your playlist, Rebel. It’s the soundtrack of your healing.” 🎵



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