



Bars About Me

Hip-Hop Identity & Emotional Expression Toolkit

Mental Health Meets Hip-Hop • Healing in Our Language

How to Use This Toolkit



This toolkit helps you explore who you are, where you come from, and how your emotions show up. There are no right or wrong answers—just honesty and rhythm. Go at your own pace.

For Facilitators

- Use "pass or play" choice to respect boundaries
- Normalize emotion expression without judgment
- Allow flexibility with language and pacing
- End sessions with grounding and positive closure

Bars About Me: Your Story in Rhythm



Your Life's Soundtrack

If your life was a song title, what would it be? Think about the vibe, the message, the feeling you'd want people to understand about your journey.



Where You Come From

Write 4–8 bars about where you come from and what shaped you. Think about your neighborhood, your family, the moments that made you who you are today.



Name Your Emotion

What emotion shows up most for you lately? Name it. Don't overthink it—just be real. Anger? Hope? Tired? Excited? All valid.



Turn It Into a Bar

Take that emotion and turn it into one real line. Let it breathe. Let it be raw. This is your voice, your truth.



Your Strength Statement

Finish this line: **"I'm not gonna crash out because..."** This is about recognizing your power to choose what happens next, even when it's hard.



Therapy Reminder: Emotions are not instructions. They are signals. You get to decide what happens next.



Take It Further: Extension Activities

You've done the work of putting words to your experience. Now choose one way to extend that expression and make it stick:



Curate Your Vibe

Make a playlist of 3 songs that match your mood today



Speak Your Truth

Read your bars out loud to yourself—hear your own voice



Share Your Line

Share one line with someone you trust and let them witness you



Make It Visual

Turn your bars into visual art, a collage, or any creative form

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Website: mentalhealthmeetshiphop.com

Telehealth Support: justamileawaymhs.org