

Ashleigh Kennealy
Lyricist | Vocalist | Storyteller
UNHINGED – 2026 EPK

AshleighKennealy.com

Door13Band.com



Rock lyricist reclaiming and reframing women through time labeled unhinged.

Through aggressive instrumentation and cinematic lyricism, Door 13's *Unhinged* bridges Shakespearean tragedy, early feminist literature, and Greek mythology with modern rock anthems, reclaiming the narratives of women who were dismissed for daring to speak.

Ashleigh Kennealy is the lead vocalist and lyricist of the San Diego-based hard rock band Door 13. With a background in theatre and performance and a degree from UC San Diego, she blends cinematic vocal delivery with literary storytelling, crafting songs that reinterpret historic and mythological women often labeled unstable or dangerous.

Door 13's upcoming EP, *Unhinged*, draws inspiration from Shakespeare's *Lady Macbeth*, Charlotte Perkins Gilman's short story, *The Yellow Wallpaper*, and the Greek myth of Cassandra; reframing these figures not as warnings, but as voices ignored.

Through aggressive instrumentation and emotionally charged lyricism, Ashleigh explores how women throughout history have been silenced, mischaracterized, or dismissed, and what it means to reclaim narrative power in modern culture.

Door 13 will debut the EP live in February before releasing singles throughout 2026.

Ashleigh is available for interviews on storytelling in songwriting, women in rock, literary adaptation, and artistic narrative power.

Lady Macbeth (Shakespeare)

She is ambitious, strategic, and powerful, but do we know she was noble and wise? Literature frames her as mentally unraveling. We don't even see the side of history because all of our awareness of Lady Macbeth is from a fictional story written by William Shakespeare hundreds of years ago. We rarely question the world she inhabits, where power is framed as madness. We are only shown her reaction to it.

The Yellow Wallpaper (Short Story by Charlotte Perkins Gilman)

The narrator in *The Yellow Wallpaper*, woman whose voice is medically dismissed. Her autonomy is stripped under the guise of care. We see medical gaslighting and confinement as control. She is labeled fragile when in reality she is unheard.

Cassandra (Greek Mythology)

Perhaps the most tragic example. A woman who sees the truth and is never believed. She is not wrong. She is ignored.

Modern-day parallels

Women in leadership are still called emotional. Artists are still called dramatic. Those who refuse silence are often described as "too much."

The language evolves. The pattern remains.

Hard rock music is the perfect medium for this exploration. Our guitarist, Alec Peterson, creates the ideal melody and riffs to partner with these stories. Suppressed voices do not whisper. They erupt. Distortion and volume allow anger, grief, and power to coexist. They create space for intensity without apology.

Unhinged is not about madness. It is about mislabeling. It is about reclaiming words that have been used to diminish and asking who benefits when a woman's conviction is reframed as instability.

When a woman is called unhinged, perhaps we should ask:

What door did she just try to open?

And who was uncomfortable with the sound?

Quotes

- “Labels are powerful. They shift focus away from the message and toward the messenger. If we call a woman hysterical, we no longer have to examine what she is responding to.”
- “Heavy music gives these women the volume history denied them.”
- “There are certain words that cling to you. Not because you chose them, but because they were placed on you.”
- “Women throughout history have been called unhinged when they were simply unheard. In reality, they were brilliant, inconvenient, and unwilling to disappear quietly. If that made them unhinged, then it’s time that door needs opening.”
- “Somewhere in the framing, the label becomes the legacy.”
- ‘Unhinged’ isn’t an insult. It’s a reclamation.

Media Assets

- High-res press photos
 - [Door 13 - EPK](#)
 - [Ashleigh Kennealy - Website](#)
- [Live performance photos](#)
- [Door 13 Logo](#)
- Streaming links
 - [Drowning - Live](#)
 - [Let Me Go - Live](#)
 - Unreleased Songs Demo (Lady M & Say U Want Me) - Available by request

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