

My Soundtrack

1. Amanda Marshall – “Believe in You”

I chose this song because the only reason I survived adolescence was by having people believe in me to succeed and overcome the challenges that, at the time, I thought were insurmountable.

2. Dave Matthews Band – “Grey Street”

This song describes my adolescence because throughout the vast majority of it I was very depressed and while sometimes I felt like “kickin out all the windows and setting fire to this life” – most of the time everything just felt “grey.”

3. Dave Matthews Band – “Everyday”

I included this song because it inspired me during my adolescence to feel hopeful and remember that even when I felt alone there was always someone to “pick me up from the bottom.”

4. Everlast – “What it’s Like”

This song helped me put things in perspective during my adolescence because it described a variety of people that had problems a lot worse than my own.

5. Jimmy Eat World – “The Middle”

From the earliest stages of my adolescence I always felt “in the middle” because my mother took a business trip for a year in Turkey when I turned 13 so I had to grow up a lot quicker than some of my friends but I also just wanted to be a kid and I made a lot of mistakes but all I could do was “try my best and try everything I could.”

6. Linkin Park – “Numb”

This song epitomizes my adolescent desire and struggle to break from the beliefs and values of my father and develop my own. In fact, I still struggle to “be more like me and be less like you [my father].”

7. Soul Asylum – “Runaway Train”

This has been my favorite song since I was in elementary school but during adolescence it was especially poignant because my adolescence was characterized by a lot of drug use and depression. I felt like a runaway train and frequently I felt that “no one can help me now; I’m in too deep there’s no way out.”

8. REM – “Everybody Hurts”

This song reminded me that my situation was not especially traumatic. Everybody goes through adolescence and everybody has a difficult time and almost everybody survives. “Everybody hurts” and “everybody cries sometimes” and that’s ok – it’s part of growing up.

9. U2 – “Stuck in a Moment”

During a good portion of my adolescence I felt like I was never going to make it. I frequently felt “stuck in a moment and I couldn’t get out of it” but the fact of the matter is no matter how bad things seemed “you have to stand up straight and carry your own weight, [because] these tears are going nowhere.”

10. Van Morrison – “Wild Night”

This song represents the “other side” of my adolescence because despite the depression I had a lot of fun – sometimes too much fun and I can characterize the time period by a lot of “wild nights calling.”