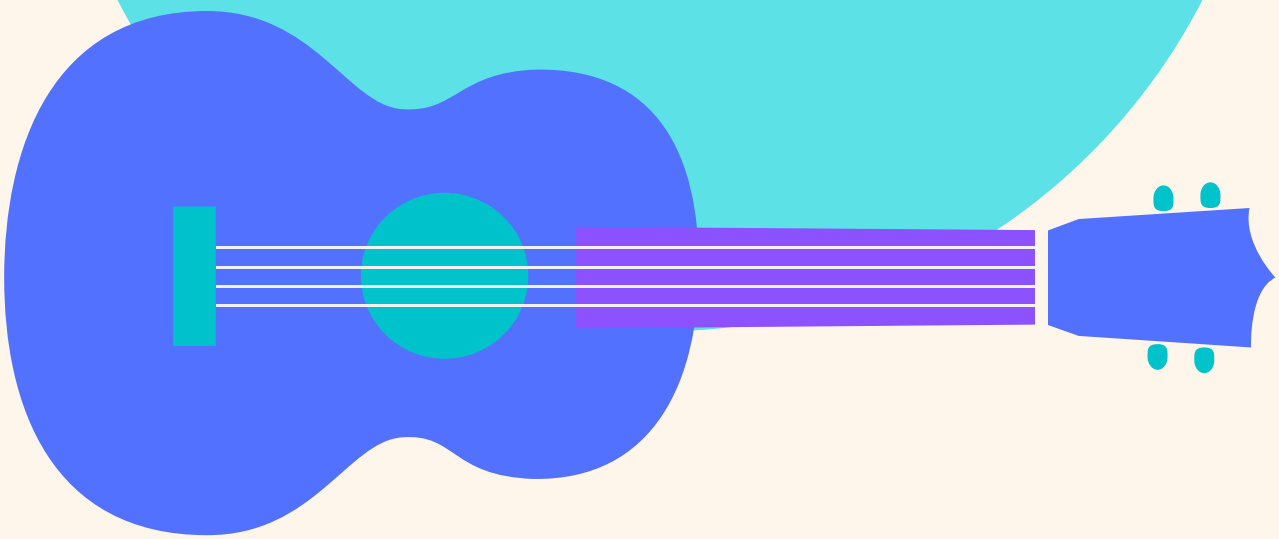
EARWORM AFFIRMATIONS



JAM ALONG!

A Monthly Live Resource
by Music Therapy Ed

ALISON HUGHEY, MT-BC PRESENTS

EARWORM AFFIRMATIONS

Learn how turn your clients' meaningful personal affirmations into songs they can carry with them! Get ready to turn affirmation phrases into rhythmic & melodic earworms using popular AND original tunes.

Alison Hughey, MT-BC graduated from Converse College initially as a flute performance major in 2003, and returned to study music therapy after leaning into the power of music to cope with chronic pain (and increased depression/anxiety) following a back injury. Since becoming board certified in 2010, she has worked with clients across the lifespan with a variety of strengths and needs. She created Carolina Music Therapy in 2018, a private practice based in Spartanburg, SC.

In addition to offering clinical music therapy services, adaptive music lessons, and community music programs, she also share resources on music in self-care for mental health at Compose Your Self Care and offers music + wellness workshops.

Alison enjoys wearing multiple music hats as a band member (The Sally Rides) and church band leader. She and her husband Lane have two fur babies, Mila and Tater, and enjoy making music together for fun.



SET LIST

1. PIGGYBACK STYLE AFFIRMATIONS
    A. FRERE JACQUES
    B. WE WILL ROCK YOU
    C. ALL ABOUT THAT BASS
2. ORIGINAL MUSICAL AFFIRMATIONS



LISTEN TO THE PLAYLIST ON SPOTIFY

I. **Piggyback Style Affirmation Songs**

(To the tune of Frere Jacque)

Option A:

C
I'm courageous, I'm courageous
C
Yes I am, yes I am
C
I am always growing, I am always growing
C G C C G C
Yes I am, yes I am

Option B:

C
I am brave and I'm courageous
C
Yes I am, yes I am
C
I am always learning, I am always growing
C G C C G C
Yes I am, yes I am

(To the tune of We Will Rock You by Queen)

Option A:

D5
I am worthy (of love)

Option B:

I am a child of God

Option C:

I am, I am healthy

(To the tune of All About that Bass by Meghan Trainor)

A
Because I know that we all make mistakes, make mistakes
We're human
Bm
We all make mistakes, make mistakes
We're human
E
We all make mistakes, make mistakes
We're human
A
We all make mistakes, make mistakes

II. Original Musical Affirmations

Examples:

D A D
I ain't better than nobody, and nobody's better than me
(+We Will Rock You body percussion pattern)

…I was working in a new job where I felt constant imposter syndrome and needed lots of energy. I wanted to be more confident, but didn't want to be egotistical either. I came up with a pattern with more energy: it's upbeat, short, and has a clear resolution at the end of the phrase.

B.
F
When I breathe in,
C
I will focus.
Bb
When I breathe out,
F
I will loosen.

….I often deal with mental and physical anxiety. Box breathing is one of my go-to coping skills in addition to music; I love combining the two! Since this has an intention of grounding and relaxation, I like to tap my fingers along with the beat and move from a moderate tempo to a slower tempo as I repeat the pattern.