

a simply.abigail special event:

Storytelling at Stirling

June 10th, 2023

WEEK 1 – Send me a _____ [C'est de Trop]

The blank can be a new word, or a continuation of the letter "a". No Challenge.

C'est de Trop

Ahhh ahhhh ahhh ahhh

Ahhh ahhhh ahhh ahhh

You're just so confident you won't be hit

You're just so confident you won't be missed

ahhh ahhhh ahhh ahhh

Ahhh ahhhh ahhh ahhh

Send me away --- I've been giving up on you anyway

You can't handle what I have to say (plus)

We both know you think I can be replaced

C'est de trop --- don't wanna be a part of this anymore

I can't handle the thing I've become

I've gone astray -- from who I was

chorus

Say the trope: --- "It isn't workin' if it's somethin' I love"

We know this delusion is hurting us both

We drop the pleasantries but hold onto hope

Send me a way --- a path to prosper or a proper escape

It's a gamble I'm ready to take

If I'm heartless-- there's nothing to break

Chorus

WEEK 2 – Premature Addiction [Snake Oil]

Challenge: Switch between all three points of view in the same song, 1st, 2nd and 3rd person (bonus points for Direct Address - which is when the singer is singing to another person and the conflict is between the two of them).

Snake Oil

You say it don't affect yuh - So you take a little extra

When I'm checkin' in / you're checkin' out on me

You wanna feel a little somethin' - 'cause you're sick of feelin' numb

Self-medicate and see me in the morning

Ironically this medicine is makin' everybody sick

They're takin' it and only treating symptoms.

After all the side effects, is anyone better for it?

The root of all their problems is the treatment.

I realized the effects - of what I'm using – and I'm wrecked

I'm checking into somewhere that can cure me

I've been shivering and shaking - but I'm feeling better lately

When I wake up I can face you in the morning

Ironically the treatments only work when they take it

Every day like how they did when they were using

It comes back even worse after withdrawal has run its course

'Cause the root of all their problems isn't healing

What could it hurt? what could it hurt?

It's just a little, just one more, just another, just a little something something.

They're watching me disintegrate I'm stuck inside my own self-hate

My only friend is what I've been abusing.

Ironically the problem doesn't start out as the problem
'Til they find it's their own tale that they are eating
It gets so deeply rooted when they try they can't undo it
And there's no way to untangle it completely

I say it's ineffective - So I take a little extra
I'm checkin' out when you come checkin' in
I wanna feel a little somethin' - 'cause I'm sick of feelin' numb
Self-medicate and see you in the morning.

WEEK 3 – Impossible Destination [Day 5]

Challenge: NO PRONOUNS, absolutely no pronouns! (No I, we, you, he, she, it, they, me, us, you, her, him, it, them, mine, ours, yours, hers, his, theirs, myself, yourself, herself, himself, one, all, thou, thee, thy...)

Day 5

too far... in too deep
can't make the journey home
wrong road... misstep
now stuck out here alone
can't hide - can't hide - can't hide

never thought the world's most
impossible destination
would be mother's arms
climbing mountains to search
the highest elevations
just to find an empty heart

the hours have crawled by
death is welcome in the cold
but first sign of sunrise
ignites a beautiful new hope
to try - to try - to try

a break through... though painful
but finally free
don't need adventure to be complete | ly
alive – alive – alive

WEEK 4 – Cast Your Own [First Born Sons]

Challenge: Use a euphemism in your song. You can use one that's well known, little known or make up your own. It's up to you how you use it, it can be thrown in casually, or use a euphemism as the basis for your entire song, or anything in between.

First Born Sons

Some say sullen, but if you dig,
you'll find the treasure buried in the soul within
May have struggled, to let her in,
but every morning brought her coffee with a kiss

Was a strong man with the family name worked hard and did
the right thing,
Survived by his family who worked as hard as he did

Some say funny, and that he is -
he could have us all in stitches with his wit
Where there's darkness, he lets the light in,
but could fill your eyes with tears to hear him sing

He's a good man with his father's name, working hard on his
legacy
Doing better than before he came & worked as hard as he did

Some say loving, and that he did
Not a man who crossed his path was not his friend
He went first and led the family's boys to men
Like his father could make anybody grin

Was a good man with his father's name, it's too soon that we're
parting ways
Survived by your family who work as hard as you did.

Some say wild, and that he is
He'll be brave and lead the way through for his sister
Like his lineage, he's made of love and light

When he’s laughing we can see them through his smile

(He’s got) Strong men in this family line, built tough but
sweetest kind

A strong mother who will raise him right, working hard, like they
did.

Some say cast your own legacy

But bring through the things you loved and want to be... Like
they did

WEEK 5 – Simple Remedy [Saving Face]

Challenge: Use alliteration (at least 3 words in a row).

Saving Face

It’s time for bed, I bet you’re better now the jig is up
Done fretting that you’ll mess it up, afraid they’d see right
through your bluff

OH NO! You let it slip they saw you sippin on the heavy stuff
Just add that ice and shake it up, feelin’ a 5th if it is just enough

UH HUH, now it’s kickin’ in, smilin’ smirkin’ snickerin’
You’ve got the whole world whisperin’, rumor has it you’re back
in the saddle

But you’re just saving face

You push it down you paint it on; your pretty party face
A pure facade, you laugh along, no matter what you keep on
smilin’

AND SURE, it hurts real bad but nothing’s worse than what you
really feel
Just fill your cup and turn it up until the beat can shut it up

OH PLEASE! Tell me this simple remedy is just a temporary thing
‘Cause what you need is sleep and then your day of reckoning
can happen...

So you can finally face it.

You’ve clowned around and been found out, nobody’s laughin’
now
Now take that make up off the only one you’re foolin’ is
yourself

And NOW, you watch them scatter, ‘cause they don’t know how
to handle it
Don’t matter if you’re lonely ‘cause you don’t have to take care
of them

WELL, What did you expect? The comedian is dead.
Rumor has it that he was a sad man.

Wearin’ a mask and saving face

WEEK 6 – Dirty Not Clean [Ghost House]

Challenge: Use at least one Semordnilap both ways in your
song. Semordnilap (palindromes spelled backwards) is a name
coined for words that spell a different word when reversed.

Ghost House

There should have been more sets of hands right next to mine,
As I’m cleaning out this place

I see the echoes of you each, and every time I cross the threshold,
It gets heavier to face

Fading, slow but steady, I don’t think I’m ready yet to say

You died a long time ago, but we haven’t cried about it
‘cause your body’s still around

I tried to hold on to you for so long, but I can’t help you now,
if you can’t help yourself

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I’m half enraged yet half afraid did I imagine everything - Up until
now?

I see the proof, in every room, but I don’t really want to see, the
dark and dirty,

Not clean-ing to erase you, I’m just picking up the broken pieces,
time is running out

‘cause you died, a long time ago, and we haven’t cried about it
‘cause your body’s still around

I tried to hold on for you, way too long, but I can’t reach to you
if you’re not reaching out

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Sleep peels me open, but I’m wakin’ up from dreams where all I
saw
was what I can’t admit:

That I fought for this, but now I’ve won, the cost is far too much
For what it took away from us

How can this be my fault? You've decided everything for me,
When you died a long time ago, but we still lie about it
'cause your body's still around

I cry while I hold on to what you emit
but there is nothing in my arms

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You're just a ghost in this ghost house in this ghost town
And I hold onto hope that you'll come back around.

WEEK 7 – Just Accepted It [Dreamer]

Challenge: Use a kenning anywhere in your song. A kenning is a compound expression in Old English / Norse poetry with a metaphorical meaning.

Dreamer

You're still a daydreamer you look to the sky
You can't accept that your true happiness lies in all your art
But you can't start it and you're wonderin' why
Everything is falling apart

You're such a dream-maker you reach for the stars
When you roll up your sleeves you fold up your heart
But now it's time. You can be a dreamer-doer
be the renaissance woman that you are

The child inside you's coming out of the dark
You finally recognize the person you are
That uncut thread - just keep pulling at it, you're unraveling
Now you're just a mountain of yarn.

Weave it back together again
Dreamer, your story's just beginning

Questioning everything that led to this place
Like all the compromises you had to make
Eventually, you take one too many steps away
And you become the choices you made

So steer this dream boat back to open seas
The harbor's safe, but not your destiny
If you could just accept
It - that either way is hard so choose the path to where you
would like to end

Believe me - I think I know you best
Dreamer - help me to begin again.

WEEK 8 – Blissful Smirk [Roller Coaster (Rewrite)]

Challenge: Write in AABA format, that's verse-verse-bridge-verse. No chorus. But you can have a refrain (which is typically the title of the song).

Roller Coaster Blues (rewrite)

Got you on a roller coaster
a stomach full of butterflies and bile
'cause when they say it's over
tomorrow they'll be changing their mind

you've done a lot of hopin' - still don't know which way it's goin'
'cause deep down you know it's been changing on a dime.

got me on a roller coaster
got me running on a wild goose chase
just when I think we're golden
another twist comes and shakes up the game

the safety net beneath me - has almost disappeared completely
Can anybody please give me break?

I have had it up to here - throw my arms up in the air
and screeeeeeeammmm - baby pleeeeeeease

get me off this roller coaster
quit lingering and stringing me along
wipe that blissful smirk off
or when you turn around, I'm gonna be gone

don't know how much more I can take - I'm begging you to hit
the breaks

on this roller coaster

WEEK 9 – Full Transparency [Better Off]

Challenge: Write in ABABCB format (verse-chorus-verse-chorus-bridge chorus) Definitely the most commonly used song structure in today's pop music.

Better Off

When it come to your heart love your longevity's everything

If I tell you a secret, you promise you would keep it for me entirely?

don't want to talk about it, but I promised you you wouldn't go without it

I'm afraid if I catch your eyes, see your face, I'll chicken out and run away

Don't wanna tell you I told you so, I'm always banking on being wrong

I always tell you you're better off -- without me

When I pull it all down, tear it all out, sweetheart, it's a knock out and drag

Do you see all the weight that I'm balancing in my brain and what I hold on my back?

When it takes every bit just to get me sitting up, put my specs on to see

Do you have what it takes to convince me that waking up is worth it once again?

chorus

When I fell into that ditch, I begged to God to grant my wish

To make your heart and head forget about this mess I put you in

But I'm glad He didn't.

chorus

Here we are in the middle of the thick of it and I swear full transparency

And I trust you to push us through and believe you're better off with me,

You ain't givin' up that easily you're holding on so tight

I won't let go if you don't and I won't be proven right.

WEEK 10 – Rushing In [Infinite]

No Challenge.

Infinite

I promise you - I'll come rushing in

I won't leave you in the dark

When the world's weighin' on your heart

Take my hand

You make me feel - like the infinite person I am

I'll follow you - take me anywhere

I'll be there by your side

It's a big wide world to share

so let's go

You make me feel - like the infinite person I am

I'll keep burning on - keep our music going strong

You have my word - I won't stop,

As long as you will play along,

I'll keep singing

You make me feel - like the infinite person I am

THE END