

## Songs About Bravery

### Leave Your Fear Behind

Lillian Stroup

Most times, my music is the only comfort I find in a fearful moment. Bass trembling through my car speakers and vocals shifting my emotions calms me like no other. My **songs about bravery** recommendations begin with slow and empathetic tunes to match feelings of doubt and end with high-paced numbers that will propel you forward to fearlessness. All these songs have a theme of overcoming obstacles to put you in the mindset to conquer your own. Shifting from fear to bravery can take time, but this playlist will hopefully speed up that process.

#### **Skyscraper by Demi Lovato**

Soft, climbing piano keys chant quietly before Lovato begins her first verse of “Skyscraper.” Starting with distressing lyrics of her pain, such as “Skies are crying, I am watching, catching teardrops in my hands,” Lovato paints a picture of what being broken entails. Despite the melancholy start, the chorus emerges in a light yet powerful proclamation of her independence.

Inspirational lines such as “Go on and try to tear me down, I will be rising from the ground, like a skyscraper” makes for a compelling tale of getting back on your feet.

The song continues with a narrative of repairing herself: “All my windows, still are broken, but I’m standing on my feet.” Exerting an understanding of feeling damaged yet returning assured, this is the perfect song to begin your journey to bravery. Lovato’s personal struggles were a huge inspiration for this track. Click [here](#) to learn more about Lovato.

#### **F\*\*in Perfect by P!nk**

I remember sobbing to this song in my middle school hallway, partially due to pain but also due to P!nk telling me I didn’t have to be “F\*\*in Perfect.” Especially for a teenager, this song meant the difference between high and low self-esteem for me.

The song begins with feeling “Mistreated, misplaced, misunderstood.” P!nk belts her heart out in the chorus, begging listeners to “Pretty, pretty please, don’t you ever, ever feel, like you’re less than, f\*\*in perfect.” The chorus ends with something we all need to hear when feeling down and out: “You’re f\*\*in perfect to me.”

The song is written as if she is talking to a close friend, reassuring them of their worth and strength. I chose this number because it encouraged me with lines such as “Change the voices in your head.” Bravery in its lightest form can mean just continuing for another day. Sometimes we need to hear that we can continue for today, and P!nk does just that.

## **Beautiful Pain by Eminem (Feat. Sia)**

This song contains my favorite verse of all time. Out of any music I have listened to when I am down and out, I will always go back to “Beautiful Pain” by Eminem. A dynamic collaboration between Sia’s impassioned vocals and Eminem’s powerful flow creates a track you will never forget. Please turn your volume all the way up for the end of the second verse:

“And I’m pullin’ for you to push through this feeling, and with a little time, that should do the healing, and by tomorrow you may even feel so good that you’re willing to forgive ‘em, even after all the sh\*t you’ve been put through this feeling of resilience is building.”

I’m asking you to listen to the whole song to hear the last half of the verse because it’s even more motivating than the quote above. The profits of the song were hopeful as well, as Sia decided to have all proceeds donated to homeless LGBTQ youth in Los Angeles. Read more about what her donation made possible [here](#).

## **Strong Ones by Armin van Buuren (Feat. Cimo Fränkel)**

Taking off for college, I was devastated. Being an only child and living in one place my whole life, I had one question on my mind. What if I failed? Those exact words ran through my head the second before I heard “Strong Ones” by Armin Van Buuren grace my speakers.

A melodic guitar sets the scene before Fränkel slowly beckons you, “Wait now, hold on. Say you still believe we’d run straight through fire.” Changing pitch and adding elements of progressive house to the chorus, Fränkel states confidently that “We are the strong ones.” He couldn’t be more right.

What comes after is an uplifting drop of synthesized beats, kicking you from feeling low to hopeful and determined. Phasing in and out of melodic guitars and classic house beats, this song balances perfectly between understanding and motivation. “Strong Ones” is an excellent start for breaking into bravery.

## **The Road by Faouzia**

At 24 years old, I lost the man I thought I would spend forever with, our home, my stepson, and my job, all in one day. I mourned for about a month until I decided I wanted something different. I applied for a job I didn’t think I qualified for, packed all my stuff, signed a contract for an apartment, and moved to an unfamiliar town far from home. This is the song that helped me do it.

Beginning with a powerful smash of emotion and bass, this number hits your core the second you press play. Faouzia’s deep and charming vocals captivate you as she declares, “I want more.” Her vocals echo in the chorus as she describes all she is about to accomplish: “Takin’ all the chances, takin’ all the falls. I’ll keep all the memories; I’ll break down the walls. Time to hit the road.” This song is one of the most jaw-dropping experiences I have ever had. I mean it when I say without this song, I would not have had the motivation to begin my life again.

## **Elastic Heart by Sia**

“You did not break me. I’m still fighting for peace,” rang through my headphones as I walked away from a lifetime of drinking. I felt broken and had destroyed relationships with friends and family; I chose the bottle instead. I removed myself from one of the most dangerous situations I had been in during my drinking with this song.

This introduction catches you from the start by merging lively beats with her impeccable vocal range. As Sia chants, “I’ve got thick skin, and an elastic heart,” we realize humans can stretch, snap, expand and contract with life’s difficulties, much like an “Elastic Heart.”

### **Gold Dust by Galantis**

Do not underestimate this song. Galantis asking me to “Keep coming down the street” when I first got sober was paramount to my recovery. Beginning sobriety was terrifying, and I remember closing my eyes and turning the volume up while sitting in my car. “Gold Dust” drowned out my fears and brought me back to hope numerous times.

A slow yet jarring chime opens the track. With echoes of a piano in the background, a deep and hypnotic voice enters the picture. Boasting enchanting lyrics such as: “Oh don’t change ever, no don’t change, there’s a hollow in this house whenever you go” shows us that we can fill that hole in our lives. “Gold Dust” reminds us of our unique importance to this world.

The drop of this song is magnificent. The bass aligns with beautiful chimes that will indeed strike you. This track told me that I had a unique “Gold Dust” to add to this world, and at almost six years sober, I now realize that it was right.

### **Strip Me by Natasha Bedingfield**

What would you be without titles? Your job, relationship, friends, and hobbies all disappear. Who are you when you can’t identify with external circumstances? Bedingfield contemplates these questions; and has an answer.

A glorifying bass aligns with the non-lexical vocables of “La la la,” drawing you into her world even before the first verse. Already, the dignifying and confident tone of the song is set. She asks in her pre-chorus, “If you strip me, strip it all the way; if you strip me, what would you find?”.

Promptly, Bedingfield answers with sincerity and pride, her most impactful line being, “I’m only one voice in a million, but you ain’t taking that from me.” I remember thinking I was only one human among billions. Bedingfield asks us to stand up and own our power; and, later, help others do the same.

### **Juicy (It Was All a Dream) by The Notorious B.I.G.**

An optimistic pop song featuring a steady flow from The Notorious B.I.G., “Juicy” uplifts spirits from the start. Biggie wanted to take on the endeavor of combining hip-hop with pop music, something that was not frequently attempted in 2012.

Juicy highlights how far Biggie came in his rap career, featuring lines such as “Remember when I used to eat sardines for dinner” and “Considered a fool ‘cause I dropped out of high school.”

The chorus chanted by beautiful female vocals also encourages us: “You know very well who you are, don’t let ’em hold you down; Reach for the stars.”

He continues to affirm his success in his new life later in the line, “Living without fear, putting five karats in my baby girl’s ear.” This track made it to my **songs about bravery** playlist because it shows that no matter where you come from, you can achieve anything. Learn more about this revolutionary song [here](#).

### **Dare You by Hardwell (Feat. Matthew Koma)**

Are you feeling ready to leave your fear and doubts in the past? Hardwell and Matthew Koma hope you are. A comforting and soft introduction accompanied by “We’re a million lonely people all together on this needle in the sky” invokes peace as you think about all that is around you.

Much of fear is being wrapped up in ourselves and forgetting all the opportunities this world offers. Hardwell and Matthew Koma begin their pre-chorus with “I dare you to love, I dare you to cry, I dare you to run, I dare you to try.” So, are you ready?

This song challenges you to open your eyes, break from your boxed sense of self, and dare to live. They tell you, “Let your heart be your religion; let it break you out of this prison you became; it’s not too late.” The first bass drop is incredible and makes you want to reach for the stars. The drop at the end, however, will make you transcend galaxies. Play this song if you’re looking to form a connection with everything outside of yourself; you may just find bravery in a relationship with the world.

### **Kings and Queens by Thirty Seconds to Mars**

Be prepared if you’re starting this song on full volume. Thirty Seconds to Mars wastes no time with their extreme howls for freedom. Restoring their power, deep and passionate vocals tell you a story: “We stole our new lives, through blood and name; In defense of our dreams.” As they call out, “We were the Kings and Queens of promise,” the chorus is piercing with enthusiasm.”

This song is less about the lyrical attributes and more about the propelling nature of their intense vocal range. Once you memorize the words, try belting this out in your car. Just be careful; you may lose your voice afterward. Read about the song, Jared Leto’s take on it, and how they filmed the music video [here](#).

### **Whatever It Takes by Imagine Dragons**

Throughout a move, horrible dating experiences, and isolation, I cannot tell you how this song carried me. This record enters with an eerie feel, leaving you wondering why it seems to evoke inspiration as well. Fast-paced vocals of “Fallin’ too fast to prepare for this, tripping in the world could be dangerous” echo over a quiet background before the first drop forces a power surge through your body.

The lyrics “Whatever it takes, ’cause I love the adrenaline in my veins. I’ll do whatever it takes” present themselves over driven, synthesized beats. Imagine Dragons poured their heart and

soul into this number, and you can feel it course through your being. I can't count the number of times I have screamed this song at the top of my lungs as I plunged into my next challenge. I would highly recommend this song to release anger, fear, and doubt; and find bravery on the other side.

### **No Reins by Rascal Flats**

Driving through the Shenandoah Valley, I realized I had finally made it. Sober for almost six years, in a healthy relationship, owning a small business, and on my way to being published, I was free of my self-doubt. It was time to relax and let go of the weight I had on my shoulders for so long. "No Reins" made that feeling possible.

This song highlights the story of a woman who has found her freedom and thoroughly enjoys it. Buoyant guitar strokes welcome you to the scene, and at the end of the first verse, Flat's recalls the woman saying, "Oh, oh, I gotta go and find me," and lets us know that "She found the strength to break free."

The chorus mulls over a picture of the woman running across an open range, "Like a painted wild mustang" with no reins. After you release your worries and transition into bravery, play this song to celebrate. The weight is finally off your shoulders, your mind no longer encapsulates you, and you can run with "No fear, no fences, nobody-no reins."