



The Music Settlement  
OHIO CITY · UNIVERSITY CIRCLE



# CENTER FOR MUSIC THERAPY

## "In My Room" Songwriting Worksheet

### IN MY ROOM BY THE BEACH BOYS

There's a world where I can go and tell my  
secrets to

In my room, in my room

In this world I lock out all my worries and my  
fears

In my room, in my room

Do my dreaming and my scheming

Lie awake and pray

Do my crying and my sighing

Laugh at yesterday

Now it's dark and I'm alone

But I won't be afraid

In my room, in my room

In my room, in my room

In my room, in my room

1. IN MY \_\_\_\_\_

2. There's a world where I can go and

\_\_\_\_\_

3. In my \_\_\_\_\_, in my

\_\_\_\_\_

4. In this world I lock out all my

\_\_\_\_\_ and my \_\_\_\_\_

5. In my \_\_\_\_\_, in my \_\_\_\_\_.

6. Do my \_\_\_\_\_ and my

\_\_\_\_\_

7. \_\_\_\_\_ and \_\_\_\_\_

8. Do my \_\_\_\_\_ and my \_\_\_\_\_

9. Laugh at \_\_\_\_\_

10. Now it's \_\_\_\_\_ and I'm \_\_\_\_\_

11. And I won't be \_\_\_\_\_

12. In my \_\_\_\_\_, in my \_\_\_\_\_

13. In my \_\_\_\_\_, in my \_\_\_\_\_

14. In my \_\_\_\_\_, in my \_\_\_\_\_

## SONGWRITING PROMPTS

1. Think of a place that is relaxing and healing to you. What kind of place is it? Is it a specific room? A natural place? Or are there several places that come to mind? Or is it WITH a certain person or people (could replace “In my \_\_\_\_\_” lines with “With my \_\_\_\_\_”)? Write the name(s) of this place(s) in blanks 1, 3, 5, and 12-14.
2. What is the first healing/relaxing thing that you would do in this space? What do you need most in this moment?
4. What are two negative thoughts or actions that you would not allow in this space?
6. What are two healthy coping mechanisms or activities that you would do in this space?
7. For these two blanks, think of two actions that go together to form a coping skill of yours. For example: “close my eyes and breathe”, “open my book and read”, etc.
8. What are two actions you find yourself wanting to avoid, but would find easier to do in a relaxing place? Ex: “Do my cleaning and my scheduling”
9. Finding humor and positivity is important every day, but especially during times of uncertainty and fear. What is something that makes you laugh or smile?
10. For the first blank, choose a word to describe the atmosphere of this place. You could describe it visually, auditorily, general mood. For the second blank, describe yourself emotionally. How do you want to feel in this space?
11. What do you NOT want to think or feel in this space?

## OTHER IDEAS:

Complete this activity alone and then share with others if you are comfortable, create some form of art that captures your place, further expand your ideas about your place and write a short story or poem about using or finding this place, re-write song thinking of a different place (maybe different emotions or situations require different healing places!), when trying to create a calming place for yourself at home, use this activity as a reference and replicate as much as possible!