

“Reflections”

Recorded by: *U.S. Army Field Band*

Performed by: *Ssg Aaron McAleavey*

Written by: *SFC Todd Freeman*

Genre: *Pop*

Description: Highlights healing on the other side of struggle through personal reflection. Honors the strength it takes to persevere through personal struggles and the courage to choose seeking help and survival.

Key themes: *Suicide ideation, resilience, help-seeking and personal coping skills, recovery and post-traumatic growth*

Verse 1

*I used to drown in the silence, lost in the noise,
Fighting a war in my mind with no battle cry, no voice.
Every night was a question, every dawn was a doubt,
But somehow, I'm still here, and I'm figuring it out.*

Pre-Chorus

*The weight still lingers, the memories don't fade,
But they don't hold me hostage like they did yesterday.*

Chorus

*I still hear the echoes, but they don't pull me under,
I still feel the weight, but I'm standing tall.
I remember the darkness, but I see so much brighter,
I made it through, and I'm moving on.*

Verse 2

*I won't lie, there are moments when the past calls my name,
But I've learned how to answer without feeling the shame.
The scars don't define me, they just tell where I've been,
A map of the battles that I swore I would win.*

Pre-Chorus

*The weight still lingers, the memories don't fade,
But they don't hold me hostage like they did yesterday.*

Chorus

*I still hear the echoes, but they don't pull me under,
I still feel the weight, but I'm standing tall.
I remember the darkness, but I see so much brighter,
I made it through, and I'm moving on.*

Bridge

*Somewhere between the sorrow and the sunrise,
I found the strength to leave the past behind.
I still walk the same roads, but with different eyes,
No longer running, I take it step by step this time.*

Chorus

*I still hear the echoes, but they don't pull me under,
I still feel the weight, but I'm standing tall.
I remember the darkness, but I see so much brighter,
I made it through, and I'm moving on.*

Outro

*I won't let the past decide where I go,
It's just a reflection, not the man that I know.*