COULD YOU
INTRO + QUOTES + LYRICS + QUESTIONS

INTRODUCTION TO SONG: - Forgiveness toward yourself

This song was written on a day when self-criticism felt overwhelming.

It is not a demand to change.
It is not a lecture about improvement.

It is a series of soft invitations.

Could you accept yourself?
Could you forgive yourself?
Could you remember what you've done well?

Depression often narrows our vision until we see only flaws.
Anxiety magnifies mistakes and silences strengths.

This song asks a different question: What if kindness toward yourself were possible?

Not perfectly. Not all at once. Just… could you?

QUOTES FROM SOME OF MY FAVOURITE AUTHORS:

Carl Rogers

"The curious paradox is that when I accept myself just as I am, then I can change."

Gabor Maté

"Shame is the deepest wound of trauma."

Thich Nhat Hanh

"Compassion is a verb."

Brené Brown

"Talk to yourself like someone you love."

LYRICS TO SONG:

Could You © 2018

Music: Jim Duchesneau
Lyrics: Jim Duchesneau & Colleen Hood

Verse 1

Could you learn to accept yourself the way you are,	F F(Bb)
With all your strengths and with all your flaws?	F F(Bb)
Learning to embrace who you really are,	Am Dm
The good, the troubled, the rising star.	G(Bb) C

Verse 2

Could you give yourself credit for the things you do,	F F(Bb)
Even for the mistakes that you can't undo?	F F(Bb)
Even when you may be acting like a fool,	Am Dm
Remember to forgive yourself.	G(Bb) C

Chorus

Cuz life is a series of lessons to learn,	**Bb C Dm**
Some easy, others hard to discern.	**Bb C Dm**
We don't always get what we truly deserve,	**Bb C Dm**
No matter how hard we try.	**G(Bb) C**

Verse 3

Could you try to remember things you've done so well	F F(Bb)
even if this thought for you is a hard one to sell,	F F(Bb)
give yourself a hug and then say farewell	Am Dm
to anything untrue about yourself.	G(Bb) C

Verse 4

Could you try to imagine all you could become	F F(Bb)
regardless of the things you must overcome	F F(Bb)
Even if you really think that you're just dumb	Am Dm
Remember to forgive yourself	G(Bb) C

Chorus

Bridge

We cannot control what happens in life	Dm Am
And trying not to feel bad leads us to struggle and strife	Bb A
All we can do is play the cards we've been given	Bb F
With kindness, compassion, and failures forgiven.	G C

Chorus

20 QUESTIONS FOR REFLECTION:

1. When you think about accepting yourself, what feels hardest?
2. What would self-acceptance change about how you speak to yourself?
3. What is one mistake you are still holding against yourself?
4. What would forgiving yourself free up inside you?
5. What strengths have you overlooked because you were focused on your flaws?
6. When was a time you handled something better than you realized?
7. What would it feel like to give yourself credit for surviving hard things?
8. If life is a series of lessons, what has this season taught you?
9. When you remember something you regret, what happens in your body?
10. What would compassion sound like in that moment?
11. What untrue belief about yourself are you ready to question?
12. If you imagined becoming someone kinder toward yourself, what would that look like?
13. What does “good enough” mean for you?
14. When you feel ashamed, what helps you soften?
15. How has depression distorted the way you see your own worth?
16. What part of you is hardest to embrace?
17. What part of you is easiest to appreciate?
18. If growth were gradual rather than dramatic, would that feel safer?
19. What would it mean to stop fighting yourself?
20. If this song were speaking directly to the most self-critical part of you, what would it say?