We Have to Hear Them

by

Joseph Rondeau

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requirements for the degree of

Doctor of Philosophy

in Music Composition

Dissertation Committee:

Dr. Robert Kyr, Chair

Dr. David Crumb, Core Member

Dr. Jack Boss, Core Member

Dr. Michael Malek Najjar, Institutional Representative

University of Oregon

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DISSERTATION ABSTRACT

Joseph Rondeau

Doctor of Philosophy in Music Composition

Title: *We Have to Hear Them*

We Have to Hear Them is a musical work encompassing a prologue and three movements scored for three vocalists and fourteen instrumentalists. This work is intended to shine a light on some of the many struggles individuals face in dealing with mental health issues. The text for *We Have to Hear Them* is drawn entirely from first-person witness from twenty-eight individuals with a variety of mental health diagnoses. These statements were collected through a combination of interviews and anonymous surveys, crafted into a libretto, and set to music. The music of *We Have to Hear Them* was written to work in tandem with, and enhance, the words of the individuals who were willing to share their emotional thoughts and struggles.

CURRICULUM VITAE

NAME OF AUTHOR: Joseph Rondeau

GRADUATE AND UNDERGRADUATE SCHOOLS ATTENDED:

University of Oregon, Eugene
Tufts University
University of Massachusetts, Lowell

DEGREES AWARDED:

Doctor of Philosophy, Music Composition, 2026, University of Oregon
Master of Arts, Music Composition, 2021, Tufts University
Bachelor of Music, Performance, Voice, 2007, University of Massachusetts, Lowell

AREAS OF SPECIAL INTEREST:

Music Theory
Music Theory Pedagogy
Vocal Pedagogy

PROFESSIONAL EXPERIENCE:

Music Director, Unitarian Universalist Church in Eugene, 2022 – present

Graduate Employee, University of Oregon, 2022 – 2026
Music Theory Department, Fall 2023 – Spring 2026
Composition Department, Fall 2022 – Spring 2024

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To the twenty-seven individuals who shared their words with me for the libretto, thank you for trusting me with your words, I hope both the act of sharing and the piece itself serve as a form of catharsis.

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DEDICATION

This dissertation is dedicated to the twenty-seven individuals who were willing to share their words to the creation of the libretto for *We Have to Hear Them*. I know first-hand how difficult it can be to voice some of these thoughts, and I cannot thank you enough for sharing these with me. I hope the act of sharing brings you some level of relief and that hearing your words aloud feels freeing. Please know that there are many people who have been touched by the contents of the libretto both listeners and performers. Take care of yourselves and know that even though it may not always feel like it there are many of us that are listening.

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Joseph Rondeau

we have to hear them

Joseph Rondeau

we have to hear them

for three vocalists and chamber orchestra

Prologue
I. *"I don't know. I'm not sure."*
II. *"Putting on a happy face is my oldest mask."*
III. *"I sing. I sing all the time. I dance."*

Vocalists:

Soprano, Mezzo-soprano, and Tenor

Chamber Orchestra Instrumentation:

Flute (doubling Alto Flute)
Oboe
B♭ Clarinet 1
B♭ Clarinet 2 (doubling B♭ Bass Clarinet)
Bassoon

Horn (mute)
Tenor Trombone (cup mute, straight mute)

Percussion (1 player):
(Metalic Wind Chimes, Tenor Drum, Suspended Cymbal, Marimba, Floor Tom)

Piano

Violin I
Violin II
Viola
Violoncello
Contrabass

Full Score in C

we have to hear them

Joseph Rondeau

Prologue

Ethereal
♩ = 44

Flute
(dbl. Alto Flute)

Oboe

B♭ Clarinet 1

B♭ Clarinet 2
(dbl. Bass Clarinet)

Bassoon

Horn

Tenor Trombone

Percussion:
(Wind Chime, Tenor Drum, Suspended Cymbal, Marimba, Floor Tom)

Piano

Soprano

Mezzo-soprano

Tenor

Ethereal
♩ = 44

Violin I

Violin II

Viola

Violoncello

Contrabass

2026 Joseph Rondeau

11

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

W.Ch.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

pp

legato

mp

p

pp

p

pp

p

pp

Wind Chimes

sempre l.v.

p

gently hit a few of the highest tubes

poco ***p***

sim.

pp

pp

pp


A
21
rit.
= 68
Fl.
Ob.
p
mf
Cl. 1
Cl. 2
pp
Bsn.
Hn.
mp
p
mp
p
sim.
Tbn.
To Tenor Drum
Tenor Drum
W.Ch.
mp
p
mp
p
mp sim.
Pno.
mp
Ped.
S.
M-S.
T.
A
rit.
= 68
Vln. I
p
Vln. II
p
Vla.
p
Vc.
p
mp
Cb.

27

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

mf

mf

Hn.

Tbn.

p

T. D.

p

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp

p

p

p

34

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

To Sus. Cym.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

B

43

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

B

Vln. I

Vln. II

Vla.

Vc.

Cb.

49

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mf *mp*

C

54

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

mp

p

T. D.

Pno.

pp

p

S.

M-S.

T.

C

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp

p

60

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

66

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Suspended Cymbal

drag stick out from center of cymbal

Sus. Cym.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

I. *"I don't know. I'm not sure."*

Gentle
♩ = 72

Flute
(dbl. Alto Flute)

Oboe

B♭ Clarinet 1

B♭ Clarinet 2
(dbl. Bass Clarinet)

Bassoon

Horn

Tenor Trombone

Marimba
medium-hard mallets

Marimba

Piano

Soprano

Mezzo-soprano

No one wants to dis cuss their e - mo- tions, or a-ny-one el-se's.

Tenor

Gentle
♩ = 72

Violin I

Violin II

Viola

Violoncello

Contrabass

84

D

Fl.

Ob.

Cl. 1

dolcissimo

p

Cl. 2

To B. Cl.

Bsn.

dolcissimo

p

Hn.

Tbn.

Mar.

mp

Pno.

solo

mp

Ped.

S.

M-S.

mp *hurt*

mf

Some peo-ple act like it's shame-ful to have them.

T.

D

Vln. I

Vln. II

pp

Vla.

p

Vc.

pp

p

Cb.

91

accel.

Fl.

Ob.

Cl. 1

mp

Cl. 2

Bsn.

mp

Hn.

pp

p

pp

Tbn.

Mar.

Pno.

S.

mp *disappointed*

mf

I'm not real-ly deal - ing with an-y-thing well...

M-S.

T.

accel.

Vln. I

p

Vln. II

p

Vla.

pp

Vc.

pp

Cb.

96 ♩ = 88

E

a tempo

Fl.

Ob.

Cl. 1

mf

B. Cl.

Bass Clarinet

p

Bsn.

mf

p

Hn.

p *mp*

p

Tbn.

p

Mar.

p

pp

Pno.

f

mp

S.

f

well___ e-nough.

M-S.

T.

E

♩ = 88

a tempo

Vln. I

pp

Vln. II

pp

Vla.

p

pp

Vc.

p

pp

p

Cb.

mp

102

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mf unsettled

I am not o- kay. I can't feel joy a-ny-more, ev-en

111

F

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Marimba

Mar.

Pno.

S.

M-S.

T.

things I know I should en- joy.

I am not o - kay.

F

Vln. I

Vln. II

Vla.

Vc.

Cb.

119

G

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mf dejected

Hap - pi-ness left me a long time a- go,

125

Slower

Fl.

Ob.

Cl. 1

pp

B. Cl.

pp

Bsn.

Hn.

Tbn.

change to soft mallets

Mar.

mp

mf

Pno.

S.

M-S.

mp

mf

mp

3

Sad-ness and anx - i-et-y fol-low me, but I have be-come numb.

T.

Slower

Vln. I

Vln. II

Vla.

Vc.

mp

p

Cb.

mp

p

130

H

Fl.

Ob.

Cl. 1

mp *p*

B. Cl.

p *pp*

Bsn.

mp *p* *pp*

Hn.

Tbn.

Mar.

Pno.

pp *mp*

S.

mp exasperated

Some-times, I can't find the will to op-en my eyes,

M-S.

mp

Some-times I can bare - ly taste my

T.

H

Vln. I

Vln. II

Vla.

p

Vc.

Cb.

136

I

Fl.

Ob.

Cl. 1

To Cl.

B. Cl.

Bsn.

Hn.

Tbn.

soft mallets

Mar.

Pno.

S.

M-S.

food, which caus-es is-sues with my heart rate_ and my__ weight.

T.

I

Vln. I

Vln. II

Vla.

Vc.

Cb.

143

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

ppp

legato

mp

legato

mp

B♭ Clarinet

legato

mp

gradually slow tremolo

change to medium-hard mallets

p

mp

8vb

8vb

mf *disappointedly*

I strug-gle to get out of bed each day.

p

p

150

Fl.
Ob.
Cl. 1
Cl. 2
Bsn.
Hn.
Tbn.
Mar.
Pno.
S.
M-S.
T.
Vln. I
Vln. II
Vla.
Vc.
Cb.

I-so - la-tion and self-e - ra-sure are a con - stant.

156

accel. - - - - - - - - - - - - a tempo

J

To A. Fl.

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Reach-ing out and mak-ing plans and keep-ing those plans feels... al-most im - pos-si-ble.

I

accel. - - - - - - - - - - - - a tempo

J

Vln. I

Vln. II

Vla.

Vc.

Cb.

163

Alto Flute

Slower

legato

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp *p* *mp* *ppp* *p* *mp* *mp* *p* *pp* *pp* *pp* *p* *pp*

feel dis-con-nect-ed from ev-ery-one, and some-times from re - al - i - ty. At times, I

K

molto accel. - - - - - - - - - - - - **a tempo**

170

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

medium-hard mallets

To T. D.

Mar.

Pno.

S.

M-S.

T.

It's lone - ly,

won- der, "Am I real?"

It's lone - ly.

It's lone - ly,

K

molto accel. - - - - - - - - - - - - **a tempo**

Vln. I

Vln. II

Vla.

Vc.

Cb.

L

179

A. Fl.

Ob.

Cl. 1

bend

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

it's lone - ly.

L

Vln. I

Vln. II

gliss.

Vla.

gliss.

Vc.

gliss.

Cb.

gliss.

189

To C.FL

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

cup mute

p pp p pp p pp p pp

Mar.

Pno.

p mp

8vb

Ped.

S.

mp anxiously

So of-ten I feel o-ver - whelmed,

M-S.

T.

Vln. I

pp

Vln. II

pp

Vla.

pp

Vc.

p mp pp

Cb.

p mp p

M

197 **molto accel.** Slow ♩ = 60

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

mute out

pp *mp*

Mar.

Pno.

S.

mf *cresc.(with increasing panic)* *f* *mp reflective*

my thoughts race and I can pan-ic a-bout things, things o-thers think are no big deal.

M-S.

T.

M

molto accel. Slow ♩ = 60

Vln. I

Vln. II

Vla.

Vc.

Cb.

mf *sub.* *p*

solo, espressivo

207

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

pp

Vla.

Vc.

pp

Cb.

accel.

212

A. Fl.

Ob.

p

pp

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

open

p

mp

p

Mar.

Pno.

mp

S.

M-S.

T.

accel.

Vln. I

pp

mp

Vln. II

mp

Vla.

f

Vc.

mp

Cb.

N

Andante

Flute

218

Fl.

mp

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

legato

mp *p* *mp*

Tbn.

p *pp* *p*

Mar.

Pno.

S.

M-S.

T.

N

Andante

Vln. I

Vln. II

Vla.

mp

Vc.

Cb.

mp

223

Fl.
Ob.
Cl. 1
Cl. 2
Bsn.
Hn.
Tbn.
Mar.
Pno.
S.
M-S.
T.
Vln. I
Vln. II
Vla.
Vc.
Cb.

p *mf* *p*

pp *p* *pp*

mf *agitated* *p* *mp* *plainly*

I move be tween con stant ly stim-u - la-ted and ab so lute ly dis con-nect ed. De pres sion that can feel de

O

229

To A. Fl.

Fl.

Ob.

p *mp* *p*

Cl. 1

Cl. 2

Bsn.

mf 3 *mp*

Hn.

Tbn.

Mar.

Pno.

p

S.

mp

I have trou-ble,

M-S.

mp

bil-i-tat-ing, with low lows and man-i-a.__ I have trou-ble,

T.

mf

I have trou-ble, fal-ling a-sleep

O

Vln. I

Vln. II

Vla.

p

Vc.

p

Cb.

p

235

Fl.

Ob.

mp *pp*

Cl. 1

3

p

Cl. 2

mp

Bsn.

mf *mp*

Hn.

Tbn.

Mar.

Pno.

S.

mp *mf*

3

keep-ing a train of thought be-yond a few sec-onds,

M-S.

mf *mp*

for-get-ting to eat,

T.

mp *p*

8

__and get-ting up,

Vln. I

Vln. II

Vla.

Vc.

Cb.

241

Fl.

Ob.

Cl. 1

mp

Cl. 2

mf *mp*

Bsn.

mf

Hn.

Tbn.

Mar.

Pno.

S.

mf

go-ing to class,

M-S.

mf

go-ing out- side my dorm,

mf

turn-ing in work,

T.

mf

keep-ing in touch with friends,

p

mf

fid-get- ting,

Vln. I

p

Vln. II

p

Vla.

Vc.

mp

Cb.

mp

P

247

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp

p

mf

cresc.

3

no mo-ti-va-tion,

talk-ing to peo-ple,

hat-ing my bo-dy,

spi-ra-ling,

such low en-er-gy,

self-harm-ing,

self-doubt,

poor self-es-

252

To A. Fl.

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mf *pp* *p* *mp* *f* *sub.* *sim.*

fo-cus-ing,

ac-com-plish-ing an-y-thing,_

teem and poor self - im-age,

and feel-ing dis-con-nect - ed..._

Q

257

Alto Flute

To C. Fl.

A. Fl.

Ob.

Cl. 1

To B. Cl.

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Q

Vln. I

Vln. II

Vla.

Vc.

Cb.

II. *"Putting on a happy face is my oldest mask."*

Strident
♩ = 80

Flute
(dbl. Alto Flute)

Oboe

B♭ Clarinet 1

B♭ Clarinet 2
(dbl. Bass Clarinet)

Bassoon

Horn

mp

Tenor Trombone

mp

Tenor Drum

Tenor Drum

mp

Piano

mf

Soprano

Mezzo-soprano

Tenor

Strident
♩ = 80

Violin I

Violin II

Viola

Violoncello

mf

Contrabass

mf

271

R

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

p

Tbn.

p

To Mar.

T. D.

pp

Pno.

p

S.

M-S.

mp *dryly*

Be - hind this smile, is hurt. I'm strong,

T.

R

Vln. I

Vln. II

Vla.

mp

Vc.

mp

Cb.

mp

275

Dolce
♩ = 72

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

p

legato

3 3 3 3

S.

M-S.

but I'm strugg - ling.

T.

Dolce
♩ = 72

Vln. I

Vln. II

Vla.

p

Vc.

p

Cb.

p

278

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

S

281

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

p

T. D.

Pno.

mp

S.

M-S.

T.

mf

f

Just be-cause I look O - K, or seem hap - py, does-n't mean that I am. Put-ting on a hap - py face is my

S

Vln. I

p

mp

Vln. II

p

mp

Vla.

mp

Vc.

mp

p

mp

Cb.

mp

p

mp

287

♩ = 64

Fl.

Ob.

Cl. 1

mf

f

Cl. 2

Bsn.

Hn.

Tbn.

mp

f

T. D.

Pno.

f

Ped.

S.

M-S.

T.

old-est mask.

♩ = 64

Vln. I

p

Vln. II

p

Vla.

p

Vc.

p

Cb.

p

295

T

♪ = ♪

Fl.

Ob.

Cl. 1

mf *mp* *p*

Cl. 2

Bsn.

mf *mp* *p*

Hn.

Tbn.

mf *mp* *p*

Marimba
medium-hard mallets

Mar.

mp

Pno.

S.

mf

I'm not

M-S.

T.

T

♪ = ♪

Vln. I

Vln. II

Vla.

Vc.

Cb.

302

Flute

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp *p*

mp *p*

p

mp

mf

laugh-ing be - cause I feel_ good,__ it's a-bout sur - viv - al.__ Wear-ing this mask leaves me feel-ing

pp *p*

pp *p*

pp *p*

pp *p*

p

310

U

Fl.

Ob.

Cl. 1

Bass Clarinet

B. Cl.

Bsn.

Hn.

Tbn.

To Floor Tom

Mar.

Pno.

S.

drained, raw, and ex-posed.

M-S.

T.

Some days, it stops me at

U

Vln. I

Vln. II

Vla.

Vc.

Cb.

320

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

ev - ery turn– When I try to make pro - gress_ to po - ten-tial-ly im-prove my life._____ It wants to take my life a - way,

mp

Vln. I

Vln. II

Vla.

Vc.

Cb.

pp

326

V

accel. ♩. = 52

To A. Fl.

Fl.

Ob.

Cl. 1

mp *mf* *p*

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

mf *mp*

e-ven more than it al-read-y has.

V

accel. ♩. = 52

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp

333

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

mp

Ped.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

336

Fl.

Ob.

Cl. 1

pp

B. Cl.

pp

Bsn.

mp *mf* *p* *pp*

Hn.

pp

Tbn.

Floor Tom
timpani mallets

F.T.

pp *mp*

Pno.

mf

S.

M-S.

mp *with increasing anger*

It feels like my de-pres-sion wants to suck the air__ out of my al-

T.

Vln. I

mf *p*

Vln. II

mf *p*

Vla.

mf *p*

Vc.

mf *p*

Cb.

mf *p*

340

Alto Flute

A. Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

To T. D.

Pno.

S.

M-S.

read-y de-plet-ing bal-loon. Be - cause of this I can't trust a - ny - one_ a - ny- more. I fuck-ing hate it for

quiet rage

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

W

343

To Fl.

A. Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

M-S.

that.

T.

W

Vln. I

Vln. II

Vla.

Vc.

Cb.

sim.

sim.

348

X

A. Fl.

Ob.

Cl. 1

p

B. Cl.

mf

p

Bsn.

p

pp

Hn.

p

Tbn.

p

F.T.

Pno.

S.

M-S.

T.

p pleading

I wish peo-ple could un-der-stand that when they

X

Vln. I

p

mp

p

pp

Vln. II

p

mp

p

pp

Vla.

mp

p

pp

Vc.

mp

p

pp

Cb.

mf

p

p

353 ♩. = ♩

Flute
molto legato

Fl.

Ob.

molto legato

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

M-S.

T.

think I'm "o-ver-re-act- ing," It's just a mom-ent, where I'm un - a - ble to con-trol my e - mo-tions. I am not

♩. = ♩

Vln. I

Vln. II

Vla.

Vc.

Cb.

357

accel.

Fl.

Ob.

Cl. 1

To Cl.

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

M-S.

T.

try-ing to ma-nip-u-late you, cause a scene, or ru-in things.

accel.

Vln. I

Vln. II

Vla.

Vc.

Cb.

362

♩ = 80

Fl.

p

Ob.

Cl. 1

p

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

mf

3

mp

Those thoughts I see you think-ing are pop-ping in - to my head too, that I'm too

M-S.

T.

♩ = 80

Vln. I

Vln. II

Vla.

p

Vc.

3 3 3 3 3 3 3

p

Cb.

p

367

rit. ♩ = 72

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

p

much, that no one cares a-bout me. That I will al-ways be bro-ken.

M-S.

T.

rit. ♩ = 72

Vln. I

pp *mp*

Vln. II

p

Vla.

pp *p*

Vc.

pp *p*

Cb.

pp

375

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

M-S.

T.

mp

3

3

I wish more peo-ple knew that be-ing de-pressed is-n't a light switch I can turn off.

Vln. I

pp

Vln. II

pp

Vla.

pp

Vc.

pp

Cb.

pp

380

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

M-S.

T.

mf

mp

Ask-ing me to change my mo-men-tum is real-ly scar-y. Ask-ing me to slow down is in-vit-ing an en

Vln. I

Vln. II

Vla.

Vc.

Cb.

386

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

F.T.

Pno.

mf

S.

M-S.

T.

mf

ti - re - ly dif-fer-ent beast.

Vln. I

mp

Vln. II

mp

Vla.

mp

Vc.

mp

Cb.

mp

p

393 **rit.** ♩ = 64

Fl.

Ob.

Cl. 1

p

B♭ Clarinet

Cl. 2

p

Bsn.

Hn.

Tbn.

F.T.

Pno.

p

S.

M-S.

mp

There is no mid-dle ground, and ba - by steps don't feel help - ful.

T.

rit. ♩ = 64

Vln. I

p *pp*

Vln. II

p *pp*

Vla.

p *pp*

Vc.

p *pp*

Cb.

398

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

F.T.

Pno.

S.

M-S.

E - ven when talk-ing to peo-ple with the same dis - or - ders____ it's hard to re-late to each o - ther__ be-cause our

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

Y

402

♩ = 76

Fl.

Ob.

Cl. 1

mf

Cl. 2

mf

Bsn.

Hn.

p

Tbn.

p

Tenor Drum

T. D.

p

Pno.

mp

S.

M-S.

brains work in dif-fer-ent ways.

T.

Y

♩ = 76

Vln. I

Vln. II

Vla.

Vc.

Cb.

408

Z

Fl.

Ob.

legato

p

mf

Cl. 1

p

Cl. 2

p

Bsn.

Hn.

mf *mp*

Tbn.

mf *mp*

T. D.

mf

f

To Mar.

Pno.

f

sub *mp*

S.

M-S.

T.

Z

Vln. I

p

Vln. II

p

Vla.

p

Vc.

p

Cb.

p

AA

414

Fl.

Ob.

legato

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

unsettled

I get pan-ic at-tacks, I sob un-con-trol-la-bly. Some-times I feel nau-seous, and can e-ven vom-it.

AA

Vln. I

Vln. II

Vla.

Vc.

Cb.

420

BB

rit. - - - - - ♩ = 56

Fl.

legato

mp *f* *p*

To A. Fl.

Ob.

p

Cl. 1

mp *p*

Cl. 2

To B. Cl.

mp *p*

Bsn.

mp *mf* *p*

Hn.

legato

mp *p*

Tbn.

mp *p*

T. D.

Pno.

S.

mp *semplice*

I___ strug - gle with su - i - ci - dal

M-S.

T.

BB

rit. - - - - - ♩ = 56

Vln. I

mp *pp*

Vln. II

mp *pp*

Vla.

mp *pp*

Vc.

mp *pp*

Cb.

mp *pp*

429

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

thoughts be - cause e - ven when I don't want to die, I want

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

ev - ery-thing to end. I want... I just want this pain to

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

CC

436

♩ = 72

Fl.

Ob.

Cl. 1

Bass Clarinet

B. Cl.

mf

Bsn.

Hn.

Tbn.

T. D.

Pno.

mp

mf

Ped.

S.

end.

M-S.

T.

CC

♩ = 72

Vln. I

Vln. II

Vla.

Vc.

mf

Cb.

mf

440

Fl.

Ob.

Cl. 1

p

B. Cl.

p

Bsn.

p

Hn.

Tbn.

T. D.

Pno.

p

S.

M-S.

T.

mp *warmly*

I on - lywish for pa - tience from my sys - tems of sup - port. I try to

Vln. I

pp

p

Vln. II

pp

p

Vla.

p

Vc.

p

Cb.

p

445

accel.

Fl.

Ob.

Cl. 1

pp

B. Cl.

pp

Bsn.

pp

mp

3

3

3

3

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

3

3

show that same pa - tience, I lis-ten and I try my best.

accel.

Vln. I

3

pp

Vln. II

pp

Vla.

pp

pizz.

Vc.

mp

pizz.

Cb.

mp

DD

452 ♩ = 48 ♩ = ♩.

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

pp

Hn.

Tbn.

T. D.

Pno.

mp *p*

S.

M-S.

mp semplice

There are times when I won - der, will I

T.

DD

♩ = 48 ♩ = ♩.

Vln. I

mp *pp*

Vln. II

mp *pp*

Vla.

mp *pp*

Vc.

mf *mp* *arco* *pp*

Cb.

mf *mp* *arco* *pp*

458

Fl.

Ob.

Cl. 1

B. Cl.

To Cl.

p *pp*

Bsn.

p *pp*

mute

Hn.

pp

Tbn.

T. D.

Pno.

S.

M-S.

p

ev - er be hap - py?_ Could I ev - er___ be hap - py?_____

T.

Vln. I

p *pp*

Vln. II

Vla.

Vc.

Cb.

III. *"I sing. I sing all the time. I dance."*

Calm
♩ = 68

Flute
(dbl. Alto Flute)

Oboe

lilting,
delicate

pp **mp** **p** **mp** **p**

B♭ Clarinet 1

B♭ Clarinet 2
(dbl. Bass Clarinet)

Bassoon

Horn

Tenor Trombone

Tenor Drum

Piano

Soprano

Mezzo-soprano

Tenor

Calm
♩ = 68

Violin I

Violin II

Viola

Violoncello

Contrabass

471

Alto Flute

lilting, delicate

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

479

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp

p

lilting, delicate

B♭ Clarinet

489

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

mp

p

Hn.

mute

straight
mute

p

p

Tbn.

T. D.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

EE

497

A. Fl.

Ob.

Cl. 1

p

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

mp *warmly*

I am sur-round-ed___ by pat-ient and won-der-ful peo - ple,

M-S.

T.

EE

Vln. I

Vln. II

Vla.

Vc.

Cb.

505

FF

Driving

♩ = 74

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

T. D.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp

p

mf

mf *with increasing anxiety*

f

but I get scared that my trau - ma will be too much.

con sord.

511

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

mute out

Hn.

mute out

Tbn.

T. D.

Pno.

S.

M-S.

T.

con sord.

Vln. I

con sord.

Vln. II

con sord.

Vla.

Vc.

Cb.

520

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Marimba
medium-hard mallets

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

528

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

p *pp*

Hn.

Tbn.

Mar. *mp* *p*

Pno.

S.

M-S.

T. *mf* *mp*

I know none of this___ is my_ fault, but I ac-knowl-edge my re-spon-si-bil-i-ty to

Vln. I *mp*

Vln. II *mp*

Vla. *mp*

Vc. *mp*

Cb. *mp*

GG

539

A. Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

p

Hn.

Tbn.

p

Mar.

pp

Pno.

S.

M-S.

T.

work on it.

GG

senza sordino

Vln. I

mp *p* *pp*

senza sordino

Vln. II

p *pp*

senza sordino

Vla.

mp *mp* *pp*

senza sordino

Vc.

mp *mp*

senza sordino

Cb.

mp *mp*

544

rit.

A. Fl.
sub. **pp**
mp **p** **mp**

Ob.

Cl. 1

Cl. 2
sub. **pp**
mp **p** **mp** **p**

Bsn.
sub. **pp**
mp **pp** **mp** **p**

Hn.
sub. **pp**
open
mp **pp** **mp** **p**

Tbn.
pp **mp** **pp**

Mar.
p **p**

Pno.

S.

M-S.
mf **mp**
I'm still re - cov - er - ing, and re-learn-ing.

T.

rit.

Vln. I
p **pp** **p**

Vln. II

Vla.

Vc.
pp **p**

Cb.
pp **p**

HH

Tempo I

549 ♩ = 68

A. Fl.

To Fl.

pp

Ob.

mp

Cl. 1

Cl. 2

To B. Cl.

Bsn.

Hn.

Tbn.

Mar.

pp

mf

mp

Pno.

p

S.

mp

3

f

mf

mp

Some times, the words I hear com-ing out of my mouth are a-larm-ing and they sur prise me, but I have to hear them.

M-S.

T.

HH

Tempo I

♩ = 68

Vln. I

pp

mf

p

mp

Vln. II

p

mf

p

mp

Vla.

p

mf

p

mp

Vc.

mf

p

mp

Cb.

555

Flute

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

To Sus. Cym.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

I have to hear them so I can start to un-earth them from the thoughts I be -

559

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

p

p

mf

lieve, but don't ar - tic - u - late. I can't dis - man - tle them

p *pp*

p

p *pp*

p *pp*

562

rit.

♩ = 52

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mp *p* *pp*

solo

un-til they e - merge.

II

570

G.P.

♩ = 90

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

mp *pp*

Hn.

Tbn.

mp *pp*

Mar.

Pno.

S.

M-S.

mf

How do I cope?

mf

How do I cope?

T.

II

♩ = 90

Vln. I

pp

Vln. II

pp

Vla.

pp

Vc.

pp

Cb.

578

JJ

Fl.

Ob.

Cl. 1

Cl. 2

Bsn.

Hn.

Tbn.

Suspended Cymbal

Sus. Cym.

l.v.

Pno.

dolce

S.

How do I cope?

How do I cope?

M-S.

How do I cope?

T.

How do I cope?

How do I cope?

JJ

Vln. I

Vln. II

Vla.

Vc.

Cb.

KK

587

Fl.

Ob.

Cl. 1

B. Cl.

Bass Clarinet

Bsn.

Hn.

Tbn.

Sus. Cym.

l.v.

To W.Ch.

Pno.

S.

How do I cope?

M-S.

How do I cope?

solo

I do what - ev-er I

T.

How do I cope?

KK

Vln. I

Vln. II

Vla.

Vc.

Cb.

596

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

n

mf

pp

p

sempre ***p***

How do I cope? How do I cope?

can to feel whole and act like a "nor - mal" func - tion-ing per - son.

How do I cope? How do I cope?

604

Fl.

Ob.

p

mp

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

How do I cope?

sempre ***p***

M-S.

How do I cope?

mf

T.

How do I cope?

How do I cope?

Vln. I

Vln. II

Vla.

Vc.

Cb.

609

LL

Fl.

Ob.

n

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

How do I cope? How do I cope?

M-S.

How do I cope?

T.

solo

There are things that can help me cope; med - i -

LL

Vln. I

Vln. II

Vla.

Vc.

Cb.

MM

612

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

3

mf *mp* *p*

mp

Hn.

Tbn.

Sus. Cym.

Pno.

S.

How do I cope?

M-S.

How do I cope? How do I cope?

T.

3

mp

ca- tion, ther-a - py, brea-thing tech- niques, yo - ga, and some- times, de - ni- al

MM

Vln. I

p

Vln. II

Vla.

Vc.

p

Cb.

p *pp*

620

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

How do I cope?

M-S.

How do I cope?

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

629

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

mf

p

pp

solo

f *joyfully*

How do I cope? I ex - er - cise,

How do I cope?

How do I cope? How do I cope?

634

Fl.
Ob.
Cl. 1
B. Cl.
Bsn.
Hn.
Tbn.
Sus. Cym.
Pno.
S.
M-S.
T.
Vln. I
Vln. II
Vla.
Vc.
Cb.

p *mf* *p* *n*
n *p* *n*
p *n*
n *p* *n*

and I col - or.
How do I cope?
How do I cope?

p *pp*
pp *p* *pp*
pp *mf* *p*

NN

640

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

M-S.

How do I cope?

T.

How do I cope?

NN

Vln. I

Vln. II

Vla.

Vc.

Cb.

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

M-S.

T.

Vln. I

Vln. II

Vla.

Vc.

Cb.

p

pp *legato*

una corda & sustain

How do I cope?

OO

652

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

How do I cope?

M-S.

How do I cope?

How do I cope?

T.

solo

I try to get out - side

OO

Vln. I

Vln. II

Vla.

Vc.

Cb.

657

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Sus. Cym.

Pno.

S.

How do I cope? How do I cope?

M-S.

How do I cope?

T.

and get as much sun - shine as I can.

Vln. I

Vln. II

Vla.

Vc.

Cb.

661

molto rit.

Fl.

Ob.

Cl. 1

n

B. Cl.

Bsn.

Hn.

Tbn.

mp

Sus. Cym.

Pno.

mp *legato*

mf

Ped.

tre corde

S.

M-S.

mf

I sing,

f

I sing all the time.

T.

molto rit.

Vln. I

Vln. II

Vla.

mf

Vc.

mp

mf

Cb.

mp

mf

665

PP

with great joy

♩ = 72

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

mf *mp*

Wind Chimes

To Mar.

W.Ch.

Pno.

mp *mf*

S.

mf

I sing,

M-S.

mf *f*

And I dance.

mf

I sing, I

T.

mf

I sing,

PP

with great joy

♩ = 72

Vln. I

Vln. II

Vla.

Vc.

mp *mf*

Cb.

mp *mf*

670

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

mf

Hn.

mf

Tbn.

f *mf*

Marimba *medium-hard mallets*

W.Ch.

mf

Pno.

S.

f *mf* *f*

I sing all the time. And I dance. ah

M-S.

f *mf* *f*

sing all the time. And I dance. ah

T.

f *mf* *f*

I sing all the time. And I dance. ah

Vln. I

mf

Vln. II

mf

Vla.

f *mf*

Vc.

f *mf*

Cb.

f *mf*

675

Fl.
Ob.
Cl. 1
B. Cl.
Bsn.
Hn.
Tbn.
Mar.
Pno.
S.
M-S.
T.
Vln. I
Vln. II
Vla.
Vc.
Cb.

mf *mp* *mf*

sim.

ah

ah

ah

680

Fl.
Ob.
Cl. 1
B. Cl.
Bsn.
Hn.
Tbn.
Mar.
Pno.
S.
M-S.
T.
Vln. I
Vln. II
Vla.
Vc.
Cb.

mf *mp* *mf*

f

ah

685

Fl.
Ob.
Cl. 1
B. Cl.
Bsn.
Hn.
Tbn.
Mar.
Pno.
S.
M-S.
T.
Vln. I
Vln. II
Vla.
Vc.
Cb.

mp

ah

p

690

molto rit. ♩ = 64

Fl.

Ob.

Cl. 1

B. Cl.

Bsn.

Hn.

Tbn.

Mar.

Pno.

S.

M-S.

T.

molto rit. ♩ = 64

Vln. I

Vln. II

Vla.

Vc.

Cb.

APPENDIX

LIBRETTO

I. *“I don't know. I'm not sure.”*

MEZZO-SOPRANO
No one wants to discuss their emotions,
or anyone else's.
Some people act like it's shameful to have them.

SOPRANO
I'm not really dealing
with anything well enough.

TENOR
I am not okay.
I can't really feel joy anymore,
even things I know I should enjoy.
I am not okay.

MEZZO-SOPRANO
Happiness left me a long time ago,
sadness and anxiety follow me,
but I have become numb.

SOPRANO
Sometimes,
I can't find the will to open my eyes,

MEZZO-SOPRANO
Sometimes,
I can barely taste my food,
which causes issues
with my heart rate
and my weight.

TENOR
I struggle to get out of bed each day.
Isolation and self-erasure are a constant.
Reaching out and making plans
and keeping those plans feels almost impossible.

MEZZO-SOPRANO
I feel disconnected from everyone,
and sometimes from reality.
At times, I wonder,
“Am I real?”

ALL
It’s lonely.

TENOR
It’s lonely.

SOPRANO
So often I feel overwhelmed,
my thoughts race,
And I panic about things,
things others think are no big deal.

MEZZO-SOPRANO
I move between constantly stimulated
and absolutely disconnected.

Depression that can feel debilitating,
with low lows and mania.

ALL
I have trouble,

TENOR
falling asleep
and getting up,

MEZZO-SOPRANO
forgetting to eat,

SOPRANO
keeping a train of thought
beyond a few seconds,

MEZZO-SOPRANO
going outside my dorm,

TENOR
keeping in touch with friends,

SOPRANO
going to class,

MEZZO-SOPRANO
turning in work,

TENOR
fidgeting,

MEZZO-SOPRANO
talking to people,

TENOR
self-harming,

MEZZO-SOPRANO
hating my body,

TENOR
self-doubt,

MEZZO-SOPRANO
spiraling,

SOPRANO
no motivation.

MEZZO-SOPRANO
Such low energy,

TENOR
poor self-esteem
and self-image,

SOPRANO
focusing,

MEZZO-SOPRANO
accomplishing anything,

TENOR
and feeling disconnected…

II. *"Putting on a happy face is my oldest mask."*

MEZZO-SOPRANO
Behind this smile, is hurt.
I'm strong, but I'm struggling.

TENOR
Just because I look OK,
or seem happy,
doesn't mean I am.
Putting on a happy face
is my oldest mask.

SOPRANO
I'm not laughing
because I feel good,
it's about survival.
Wearing this mask
leaves me feeling drained,
raw, and exposed.

TENOR
Some days, it stops me some days at every turn–
When I try to make progress
To potentially improve my life.
It wants to take my life away,
even more than it already has.

MEZZO-SOPRANO
It feels like my depression wants to suck the air
out of my already depleting balloon.
Because of this, I can't trust anyone anymore.
I fucking hate it for that.

TENOR
I wish people could understand
that when they think I'm "overreacting,"
It's just a moment where I'm unable
to control my emotions.
I am not trying to manipulate you,
cause a scene,
or ruin things.

SOPRANO
Those thoughts I see you thinking
are popping into my head too,
that I am too much,
that no one cares about me.
That I will always be broken.

TENOR
I wish more people knew that being depressed
isn't a light switch I could turn off.
Asking me to change my momentum
is really scary.
Asking me to slow down
is inviting an entirely different beast.

MEZZO-SOPRANO
There's no middle ground,
and baby steps don't feel helpful.
Even when talking to people
with the same disorders
it's hard to relate to each other
because our brains work in different ways.

TENOR
I get panic attacks,
I sob uncontrollably.
Sometimes I feel nauseous,
and can even vomit.

SOPRANO
I struggle with suicidal thoughts
because even when I don't want to die,
I want everything to end.
I want…
I just want this pain to end.

TENOR
I only wish for patience
from my systems of support.
I try to show that same patience.
I listen and I try my best.

MEZZO-SOPRANO
There are times when I wonder,
will I ever be happy?
Could I ever be happy?

III. ***"I sing. I sing all the time. I dance."***

SOPRANO
I am surrounded
by patient and wonderful people,
but I get scared that my trauma
will be too much.

TENOR
I know none of this is my fault,
but I acknowledge
my responsibility to work on it.

MEZZO-SOPRANO
I'm still recovering,
and relearning.

SOPRANO
Sometimes,
the words I hear coming out of my mouth
are alarming,
and they surprise me,
but I have to hear them.

I have to hear them
so I can start to unearth them
from the thoughts that I believe,
but don't articulate.
I can't dismantle them
until they emerge.

MEZZO-SOPRANO
How do I cope?

TENOR
How do I cope?

SOPRANO
How do I cope?

MEZZO-SOPRANO
I do whatever I can to feel whole
and act like a “normal”
functioning person.

TENOR
There are things
that can help me cope;
medication,
therapy,
breathing techniques,
yoga,
and sometimes, denial...

SOPRANO
I exercise, and I color.

TENOR
I try to get outside
and get as much sunshine
as I can.

MEZZO-SOPRANO
I sing,
I sing all the time.
And I dance.