

Music Therapy Worksheet

Name: _____ Gender: _____

Age: _____ Date: _____ dd / mm / yyyy

Instructions: Answer each question thoughtfully, reflecting on your emotions, memories, or experiences connected to music. Take your time to explore how music influences your mood, mindset, and personal growth.

Name of the song: _____ Artist: _____

1. What emotions or thoughts come to mind when you listen to the song?

2. What part of the song is the most meaningful to you? Why?

3. Do you have any specific memories associated with the song? If so, please describe.

4. How does the song make you feel?

5. What lyrics or message in the song resonates with you the most?