

# Surviving the Day

[Intro]

Struggling with the morning

Wake up

Getting going

Have some coffee

[Verse 1]

Figure out what needs to be done

What needs to be done

Chores clean

Breakfast make lunches

[Verse 2]

Home then work

Work then home

Home then work

Traffic commute

Commute traffic

What does work entail

Need the money to survive

Need to get there

Get through

Get done

Get by

Traffic commute

Commute traffic

[Verse 3]

Home then work

Work then home

Home then work

Chores dinner clean

What needs to be done next

Need to breathe

Decompress

[Outro]

Survived through another day

Survived through another day

Another day...

Surviving the Day – Composition Notes

Core Feel

The song should sound like an anthem of endurance on the surface – a “you can do it, keep going” type of energy – while underneath it reveals routine and structure being mistaken for living. It should feel functional, repetitive, familiar, and supportive at first listen, but hollow once reflected on.

## Overall Tone

Anthem-like, but only in the language of endurance

Encouraging on the surface, not transcendent

Mechanical, ordinary, external

No big emotional catharsis

No true awakening

The deeper emptiness should be felt after the song, not declared within it

## Heartbeat / Pulse

The heartbeat should track the weight of the lyrics and the pressure of what is not being said.

Early on, it should feel steady, regulated,

and functional

More like survival pacing than full  
aliveness

As the lyric pressure tightens, especially  
in the “Need to...” section, the pulse can  
push slightly harder, but never become  
panic

It should feel like a body keeping up with  
demand

## **Bass**

The bass is the felt engine of routine.

Mostly monotonous, repetitive,  
mechanical

Supportive rather than expressive

More like a machine carrying the body  
through the day than a living emotional  
line

Minimal melodic freedom for most of the  
song

There is only one brief emergent moment:

On “What needs to be done next” the bass  
gives a short lift or loosening

This is not a full shift, only a flicker of possible awareness

It should feel like something almost trying to surface, then not continuing

That brief emergence can linger slightly through:

“Need to breathe”

“Decompress”

the first “Survived through another day”

Then:

immediately after the first “Survived through another day” the bass resets back into the original mechanical pattern the second “Survived through another day” should feel flatter, safer, more routine-bound

“Another day...”leaves the loop open

**Rhythmic Feel**

Repetitive, cyclical, forward-moving

Monotonous in a deliberate way

Slight tightening in the “Need to get there / Get through / Get done / Get by” section

The rhythm should feel like task-to-task motion, not expressive freedom

The cyclical structure should subtly imply an opening for awareness, but always return to pattern

## Structure / Psychological Arc

The song moves through routine as if routine itself were life

Verse 2 builds motion and expectation

The commute ending creates the feeling of moving toward something

Verse 3 answers that opening with the Home then work / Work then home /

Home then work mirror, denying arrival

The song creates space for awareness to emerge, but never allows it to fully come

## Outro Feel

The first “Survived through another day” should feel like a small victory on the surface

The bass still carries a trace of the earlier emergence

After that line, the bass resets fully to the mechanical figure

The second “Survived through another day” feels more secure, more numb, more trapped

“Another day...” should not feel like an ending, only continuation

## Guardrail

Do not let the ending bloom into real revelation, release, or emotional breakthrough. The song must only almost awaken, then return to routine for safety.