

Marina V

SPEAK

**I want to scream at people who are mean to me
But I'm too nice, too nice
I'm a nice girl**

Sometimes you're so frustrated you want to scream. What is a productive way to deal with these feelings?

**I'm the quiet type
Never argue, never fight
Always agree, afraid
Afraid of controversy
Afraid to hurt the feelings of people who don't care
Don't care about me
But now I've had enough**

Do you ever feel like you're afraid to speak up or stand up for yourself? If so, how can you effectively change this?

What is controversy? Can it be intimidating to be different?

Do you ever feel the need to impress people that you know don't care about you? What might be the reasons?

**I will speak up
I will speak out
And I will speak my mind
Don't care if they freak out
I will speak out
And I will speak my mind**

Is it important to speak your mind?

Do you feel pressure to fit in? How are your actions influenced by others around you?

**Not gonna worry what they think and I'm not sorry
Got my voice and I will be heard
I'm done with compromise
Don't ask me to be nice
Too nice, too nice, cause I'm a nice girl
Cause now I've had enough**

Why do we sometimes worry about what people might think? Do we need to worry?

How would you define your "voice"?

Do you act "too nice" when you should hold strong to your core values and principles?

What is the tipping point that would force you to take action?

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I will speak out
And I will speak my mind
Don't care if they freak out
I will speak out
And I will speak my mind**

How do others act when you speak up? How does this affect your behavior?

**And I will never apologize
Never apologize for being myself**

Do you think it's important to be yourself no matter what people might think? Why is this sometimes difficult?

I've had enough

**I will speak up
I will speak out
And I will speak my mind
Don't care if they freak out
I am gonna speak out
And I will speak my mind
I will speak up, speak out, and I will speak my mind
I will speak up, speak out
And I will speak my mind**