

# Get Back Up

Verse 1:

As I write this lyric, I hope that you might hear it  
And find the inner sight to look beyond appearance  
Beyond the interference cuz I got new vision  
And a voice that could break you outta prison  
Most bars I find are in a state of mind  
Not just the kind behind upstate time  
Or lead you to the bar getting ya drunk and blind  
I break through these bars with elevated rhyme  
Premeditated state of mind seek and you'll find  
Working through issues read between the lines  
Most stipulations made to let your soul shine  
Not leave your shakin/ but let you know that it's time  
So in the midst of the storm I look for the eye  
And let it unlock the joy hidden down inside  
Cuz I expect it to adjust my perspective  
and give me new lenses to reach my objective

Chorus:

You're not disqualified so don't back down  
You can run this race so get up right now  
It doesn't even matter who is laughin' in the crowd  
Get back up and you can still get your crown

Verse 2:

When you learn to make something outta nothing  
There's not frontin' you will soon be overcoming  
Hiphop took the slip knot and turned it into gold  
Took the fury of getting shot and made hot flow  
When I talk about Hiphop I mean the culture  
Not companies trying to swoop down like a vulture  
MTV has told ya it's about the cash and hoes  
They try to leave us trapped in rap videos  
But for real tho there is more to our expression  
It is about finding voice to overcome oppression  
In exploring the Deejays it's no coincidence  
Wizard Theodore's tables became his instruments  
And when banging got heavy you got rock steady  
To battling with dance through circumstances heavy  
Writers keep a steady hand with words and brilliance  
We jump every hurdle cuz we got resilience

**Jumping Your Hurdles**

**1. Identify the Problem**  
What problem do you really want to overcome?

**2. Create Options**  
What are some options you can create?

**3. Get Help**  
Who can help you get over your hurdle?  
Who can you help?

**4. Take Action**  
What specific behaviors (actions) do you need to stop or add to jump your hurdle?  
Stopped Behaviors: \_\_\_\_\_  
Added Behaviors: \_\_\_\_\_

**5. Believe In Change**  
On a scale from one to ten, circle where you are in believing change will happen.  
"I can't" "Maybe" "I know I have the strength"  
1 2 3 4 5 6 7 8 9 10

**6. Jump Back Up**  
If you trip, how will jumping back up make you stronger?

**Strengths:**  
•  
•  
•

**What should your "self talk" be telling you as you try to jump your hurdle?**

**Your Problem:** \_\_\_\_\_

**You Only Lose if You Give Up!**

(Chorus)

Verse 3

I can't believe the stories that my boy is telling me  
Incredibly hurtin' for certain because his felony  
Especially when he be looking for a job  
Dressed like a CED but treated like a slob  
They tell him his presence is long been awaited  
Until they see the sentence on his application  
He explains to them all he needs is a chance  
But they can't see past this last circumstance  
But what about all his dreams and all of his goals  
He wonders if he should just go back to that same old same old  
of slanging ye bro but reflections the hole  
Make him say no but he can't stay broke  
So he takes the rejection and turns it into fuel  
Creating his own business that he begins to pursue  
A career that is new and now superb bro  
He channeled rejection to over his hurdle

(Chorus)