

SHARE YOUR E(MOTION)
European Music Therapy Day 2021

*I love to be with somebody who has the time to deal with long silences,
fear, anguish and resistance.*

With you my silence is a pearl.

You give me faith that I can cope in the wider world

If I share my feelings my confidence is closer to yours.

“Share your e(motion)”, you encourage me.

“Share your emotion, I’m here for you.”

“Share your emotion, I hear you.”

“Share your emotion, it matters.”

You always approach me with empathy so I’m honest when you ask me “How are you?”

My blinking, breathing and shouts of joy you turn into a melody.

*My heart is lighter, weightless and resolute, like a bird flying South for winter,
to share my feelings and bring my confidence closer to yours.*

“Share your emotion”, you encourage me.

“Share your emotion, I’m here for you.”

“Share your emotion, I hear you.”

“Share your emotion, it matters!”

*If I shout, shudder or I’m feeling low, if I’m running, dancing or feeling calm
with music I can explore myself and understand others better.*

A melody is so close when it follows how I feel

and everything beautiful multiples and the heaviness ebbs away.

“Share your emotion”, you encourage me.

“Share your emotion, I’m here for you.”

“Share your emotion, I hear you.”

“Share your emotion, it matters!”