

An Emotional Brain (J. LeDoux)

Deep inside my brain, old memories
Hiding in my cells, my anxieties
They won't go away, they sit and grow bigger
They sit and wait, for another trigger

Chorus

An emotional brain is a hard thing to tame
It just won't stay in its place
Every time I think I got it
It gives me another face
Happy Sad Disgusted or Mad
These are the things it shows
I keep trying to rein it
But it goes and goes and goes

Obsession, depression and worry, oh what a mess
These neuroses, below consciousness
Drugs and therapy, tried them for sure
Sometimes a little better, but still no cure

Chorus

I'm sick of DSM, What does it know
I feel better now, Now that I can show
I'm immune to trauma, hardly makes a dent
I'd don't need a cure, I'm resilient

Chorus