

Songs about Addiction



Are there any songs about alcoholism or addiction? You bet there are! If you missed last week's article, and the song *Until You Try*, check it out: [Sticking To It](#).

Today we have four more songs on this topic. You can listen to all four of them, or one or two. But they all very accurately deal with the problem of drinking and/or drugging. Next week we will have songs about life in recovery.

Here we go:

Sunday Morning Coming Down

This song was written by Kris Kristofferson and was recorded in 1969 before becoming a number one hit on the charts for Johnny Cash. They have sung this song together a number of times and this is one of them. Click here for the song on [YouTube](#) and here for the [lyrics](#).

*Well, I woke up Sunday morning
With no way to hold my head that didn't hurt
And the beer I had for breakfast wasn't bad
So I had one more for dessert*

*Then I fumbled through my closet for my clothes
And found my cleanest dirty shirt
And I washed my face and combed my hair
And stumbled down the stairs to meet the day*



Sober

Demi Lovato celebrated six years of sobriety in March 2018, tweeting, “Just officially turned 6 years sober. So grateful for another year of joy, health and happiness.” A few months later she released her song, “Sober,” which was about her relapse. “I now need time to heal and focus on my sobriety and road to recovery.” Here’s the song on [YouTube](#) and you can also download the [lyrics](#).

*Momma, I’m so sorry, I’m not sober anymore
And daddy, please, forgive me for the drinks spilled on the floor
To the ones who never left me, we’ve been down this road before
I’m so sorry, I’m not sober anymore*

I’m not sober anymore

*I’m sorry that I’m here again, I promise I’ll get help
It wasn’t my intention, I’m sorry to myself*



God of Wine

This song is from the Third Eye Blind band and was released in 1997. Written by Stephan Jenkins – the lead singer of the band – it’s a song about a broken relationship between two alcoholics, one of them him and the other his mother. A sad song. You can listen to the song on [YouTube](#) and read and print the [lyrics](#).

*You let me down, I said it, now I’m going down
And you’re not even around
And I said no no no...
I can’t keep it all together
I know I know I know...
I can’t keep it all together
And there’s a memory of a window
Looking through I see you
Searching for something I could never give you
And there’s someone who understands You more than I do
A sadness I can’t erase
All alone on your face*



Maybe It's Time

This is a song by Sixx:A.M. The band name is based upon three of its members, Nikki Sixx, DJ Ashba and James Michael. Nikki is a member of the Board of Directors of the [Global Recovery Initiatives Foundation](#), the first and only national community foundation dedicated to building a philanthropic source of funding to provide help and support for those with addiction problems. He is the author of [The Heroin Diaries](#) and, written by Nikki, Maybe It's Time, was first released in 2016. Here it is on [YouTube](#) and here are the [lyrics](#).

*I've abandoned my own life
I can't breathe, I can't eat
So I just drink myself to sleep
And embrace this morbid price*

*But maybe it's time to heal, maybe it's time to try
Maybe it's time to deal with all the pieces in my life
Maybe I'll sober up, maybe before I die
Maybe I'll finally deal with all the wreckage in my life*



Which song do you like most? Are there other songs about the damage done by alcoholism and addiction that have perhaps helped you? There are many, many songs on this topic.

Again, the next article on AA Agnostica is about a more cheerful topic: songs about life in recovery.
