

Rage Rap & Real Talk

A TEEN GUIDE TO MUSIC,
EMOTIONS, AND TAKING
CONTROL OF YOUR STORY



ATMA PREMA

UNDERSTANDING YOUR BRAIN'S RESPONSE

Your brain is powerful—and it responds to everything you take in, including music.

Are you in control of the music? Or is the music controlling you?



What's Rage Rap?

Rage Rap is LOUD. It's INTENSE. And it's EVERYWHERE.

This type of music mixes trap beats, heavy bass, and high-energy vocals. It often talks about:

- Feeling misunderstood 🤔
- Fighting back 🖊️
- Escaping through drugs or getting "lit" 🔥
- Shutting down emotions 😐

Some popular rage rap artists include Playboi Carti, Travis Scott, Ken Carson, and Destroy Lonely.



What Happens in Your Brain?

Your brain is powerful—and it responds to everything you take in, including music.

🎵 Aggressive beats + low frequencies = more adrenaline + more emotion

If you're already feeling angry or stressed, rage music can:

- Fire up your nervous system
- Make it harder to calm down
- Reinforce "stay angry, stay numb" as your go-to

It's like pouring gasoline on a fire instead of learning how to cool the flames.





So... Is Rage Rap Bad?

Not at all. Music is expression. Sometimes we NEED to rage.

But the key is:

Are you in control of the music? Or is the music controlling you?

If it's helping you let it out in a healthy way—great. If it's making you feel worse, numb, or needing to escape—maybe it's time to switch it up.

Try This: Music for Healing & Power

Frequency	Helps With	Try Listening To
396 Hz	Letting go of anger & fear	Search “396 Hz anger release”
432 Hz	Chill & grounding	Search “432 Hz focus” or lo-fi
528 Hz	Self-love & healing	Search “528 Hz DNA repair”

**Or just try songs that make you feel calm, strong, and seen.
Your playlist = your power.**





Real Power = Expression

Anger is real. But you get to decide what to do with it.



Instead of holding it in or blowing up...

- Write your own lyrics
- Make art
- Share your story
- Talk it out
- Move your body
- Ask for support

“You don’t have to silence your feelings—just find better ways to express them.”



You’re Not Alone

- If you feel overwhelmed, numb, or stuck in rage mode, you’re not broken.
- You’re human. And you’re allowed to ask for help.
- Let your music tell your story—but don’t let it become your whole identity.
- There’s more to you than pain. There’s power, too.





Questions to Reflect On

- What's one song that makes you feel seen?
- What's one song that brings you down?
- How do you feel after listening to rage rap?
- What do you wish someone understood about your emotions?



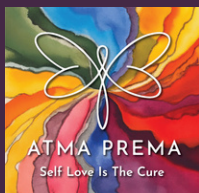
Your Voice Matters

- Turn up the volume on healing, truth, and your full self.
- You're the one writing the soundtrack to your life.



Call to Action:

***"You're writing the soundtrack to your life.
Choose the vibes that lift you up."***



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