

Mirjam is 26 jaar en oud revalidant. Ze heeft een lied geschreven naar aanleiding van haar revalidatietraject. 'BOB' is haar verstand wat komt uit de benaderingswijze ACT. Het beschrijft een belangrijk onderdeel van wat we met revalidatie behandelen en mensen hiervan bewust van proberen te maken.

BOB

You are this voice inside my head
you decide what's best for me
Even when my heart is shouting
you find a reason to disagree
Sometimes you are right
but you can also be so wrong
I am trying to fight it
but you, my friend, are strong

I got to a point
where I no longer just agree
You used to have this grip on me
but now I'm breaking free

I should just give you a name
and talk to you when I can
No, I'm not being crazy, Bob
I'm just trying to understand
I want to see what you see
but also show you my side
Maybe we can stop this feud
and push away our pride

It hurts not being able
to find my own way through
When there's a battle in my head
usually the winner is you
But I gotta stand up for myself
maybe even follow my heart
Just look myself in the eyes
Press the button restart

You're no longer the director
but I do let you advise
I take it in consideration
right before I throw the dice

I should just give you a name
and talk to you when I can
No, I'm not being crazy, Bob
I'm just trying to understand
I want to see what you see
but also show you my side
Maybe we can stop this feud
and push away our pride

I'm my own enemy
I make up what I can't see
I tell myself what to do
what is false and what is true

It's my mind verses my heart
I can never tear it apart
But if something's true it might still be wrong
so I should stop just going along

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and talk to you when I can
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