

Jagged Little Pill Text Study



Questions for Reading

1. **Narrative:** What is this text talking about?
2. **Allegory:** What are the deeper meanings of this text?
3. **Today's World:** What lessons can we learn from this text? About our lives? About the learners we serve?
4. **Now Go and Do:** Based on this text, what are you inspired to do or think?
5. **Food for Thought:** Is this a text you can see using with your teens? Why or why not? How?

“Hand in My Pocket”, Alanis Morissette

I'm broke but I'm happy, I'm poor but I'm kind
I'm short but I'm healthy, yeah
I'm high but I'm grounded, I'm sane but I'm overwhelmed
I'm lost but I'm hopeful, baby
What it all comes down to
Is that everything's gonna be fine, fine, fine
'Cause I've got one hand in my pocket
And the other one is giving a high five
I feel drunk but I'm sober, I'm young and I'm underpaid
I'm tired but I'm working, yeah
I care but I'm restless, I'm here but I'm really gone
I'm wrong and I'm sorry baby

What it all comes down to
Is that everything is going to be quite alright
'Cause I've got one hand in my pocket
And the other one is flicking a cigarette

What it all comes down to
Is that I haven't got it all figured out just yet
Cause I've got one hand in my pocket
And the other one is giving a peace sign

I'm free but I'm focused, I'm green but I'm wise
I'm hard but I'm friendly, baby
I'm sad but I'm laughing, I'm brave but I'm chicken shit
I'm sick but I'm pretty baby

Questions for Discussion:

The first text teaches us that the way you listen, and the way you listen with intention and with a listening amplifies the impact. The second text teaches that it's not so easy to do, and we often juggle multiple identities and feelings that conflict and can magnify situations that could lead to frustration and anxiety in our teens.

- How do you help teens recognize their unique gifts and qualities? How do we help them recognize and accept the less positive aspects of themselves?
- If your teen had written "Hand in My Pocket", would you think this was part of typical adolescent behavior or a teen in crisis?

