

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

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and talk to you when I can  
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I want to see what you see  
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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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