

Alone for Valentines

Songwriters Blueprint

1. Basics of the song lyrics. Answer these:

Relatable Premise:

Everyone knows the sting of being alone on a day meant for love. This song captures the heartbreak of watching an ex move on while you're still haunted by their memory.

Emotion:

Lonely, nostalgic, bittersweet, quietly defiant, emotionally exposed.

Central Point/Core Idea (What's the song about?):

A person trying to move on after a breakup but still deeply affected, especially on Valentine's Day when love is everywhere.

What is the key emotion evoked?

Yearning and emotional vulnerability - feeling left behind while pretending to be okay.

Unique because of:

It takes a common heartbreak theme (being alone on Valentine's Day) and injects it with cinematic, sensory detail - "red wine stains," "painted hearts that cry red," "love in our old café." It blends honest pain with poetic realism.

Singer style/mood/attitude:

Tender yet raw; introspective but not self-pitying. The singer sounds like they're reflecting late at night - vulnerable, wounded but with glimmers of resilience.

Backing vocals:

Soft harmonies that echo key emotional lines. Gentle "oohs" and "ahhs" in the refrains to deepen the loneliness and cinematic feel.

What's the juicy part that everybody can relate to?

That moment when you hear your ex's name, and even if you're "open to anything, and attached to nothing," it still hurts! Everyone has that ghost they can't shake.

2. Point of view. Answer these:

Who is talking?

The heartbroken protagonist. The ex-lover still processing the breakup.

What is their character avatar?

An introspective, sensitive romantic - artistic, self-aware, emotionally mature but hurting.

What pronoun?

"I" (first-person narrator)

Who are they talking to?

Their former lover, though indirectly - it's part confession, part reflection.

Their character avatar:

The ex = charming, maybe more superficial, someone who moved on quickly and now seems to have the "perfect" life.

What pronoun?

"You"

Why are they talking to them?

To process the loss. To express unresolved emotion and to make sense of their own loneliness on Valentine's Day.

3. What is the musical/lyric hook that encapsulates the relatable premise? Write the lyric and sing the melody. The only part of the song you want to write out of pure inspiration is this step.

What is the Hook?

Again I'm alone for Valentines.

What is the Melody?

Bittersweet and descending, with a sigh-like cadence

4a. Where will the hook be in the chorus? Beginning? Middle? End?

Where will the hook be in the chorus?

At the end of the chorus. It lands like a final emotional punch.

Main Idea:

Even after trying to move on, the narrator still feels empty and alone on Valentine's Day.

Details (imagery/senses):

Hearing an ex's name, the sting of memories, emotional flinches, the contrast between being "open" and "attached to nothing."

Sensory/metaphor:

"Flinch when I hear your name" as a physical reaction to emotional pain.

4b. What will comprise the remainder of the chorus?

The rest of the chorus builds emotional context: openness vs. attachment, denial vs. lingering love. It's the narrator's self-dialogue - trying to convince themselves they're fine when they're not.

5. What will I say in the 1st verse that will set up my chorus? (Only one main thought idea per section so you don't confuse listener with too much). You need to know the What and Why and When And How and Where and Who. Tell the Story in the verses. Use human senses - what can the character and listener see, hear, touch, taste and smell? Use details in verses - what is the central character wearing? Who else is in the song? What are other characters doing, wearing, saying, etc.?

Main Idea:

The narrator recalls specific, intimate memories of a past relationship and contrasts them with the emptiness of the present.

Details (imagery/senses):

“Red wine stains on a borrowed dress,” “streetlights flickering,” “chocolate highs,” “painted hearts that cry red.” All sensory and visual - smell, touch, color, and mood.

Sensory/metaphor:

“Love notes in the windows staged just right” symbolizes artificial love on display versus the authenticity that’s gone.

6. What will I say in the pre-chorus (if there is one) that will set up my chorus?**Main Idea:**

Acknowledges emotional pain and rejection; realizes the relationship is truly over.

Details (imagery/senses):

“Your silence cuts me deeply,” “found love in our old café.” Everyday places that now feel haunted by memory.

Sensory/metaphor:

The “old café” serves as a metaphor for the heart - once shared, now occupied by someone else.

7. What will I say in the 2nd verse that will further the story and set up and keep moving the chorus along? It has to be different than verse 1 – don't say the same thing or idea again. (Only one main thought idea per section so you don't confuse listener with too much).**Main Idea:**

The narrator is attempting to move on but finds it hollow; no one new can fill the void.

Details (imagery/senses):

“Stayed up so late,” “swiped right on ghosts,” “faked every laugh.” These modern dating visuals bring realism and emotional exhaustion.

Sensory/metaphor:

“Other kisses always miss the mark” shows physical intimacy without emotional connection.

8. If the bridge has lyrics, what will be said there? Must fit into relatable premise but offer a different twist/perspective but still make sense. The most emotional lyrics tend to come in the bridge where the story is being resolved, or where you’re adding an extra twist in the tale to heighten the emotion. There are three things a bridge can do:

- 1) Change time**
- 2 Change perspective**
- 3) Go universal/philosophical**

None

9. If there is a 3rd verse or ending, what will be said there? Is it really needed?

Main Idea:

Love isn’t just the easy part - it’s the work, the fight, the staying power. The narrator reaches understanding.

Details (imagery/senses):

“Storms and scars,” “holding on tight,” “stay and fight.” It’s tactile and emotional - growth through struggle.

Sensory/metaphor:

Love as a battle scarred but worth fighting for; healing through endurance.

10. Ending / Final Chorus**Main Idea:**

Acceptance mingled with lingering heartbreak. The narrator is still alone, but now self-aware, owning the feeling. Comes to terms with love's true meaning and subtly challenges the ex's new relationship—it may look perfect, but it lacks the depth they had.

Details (imagery/senses):

The repetition of “For Valentines” becomes less about pain and more about identity. It's a statement of truth. “He's everything you think you need / But he won't love you like me.” Emotional clarity replaces nostalgia.

Sensory/metaphor:

“Being alone for Valentines” transforms from weakness into a quiet badge of honesty. Love as a mirror - you see what's missing by seeing what's replaced.

11. Final Checklist – answer these questions:

DID YOU TELL THE WHOLE STORY?

Yes, from nostalgia to pain to self-awareness and emotional growth.

DID YOU INVITE THE LISTENER IN?

Absolutely. The vivid imagery and modern references create cinematic intimacy.

DID YOU FULFILL EXPECTATIONS?

Yes. It delivers heartbreak and introspection while offering hope through emotional depth.

DID YOU SAY WHAT YOU MEANT TO SAY?

Yes, that being alone on Valentine's Day can be painful, but it's also a moment of truth and strength.

DOES THE SONG FEEL COMPLETE?

Completely. The emotional arc resolves naturally, with the final chorus serving as closure.