

I'm Too Old for Trick-or-Treating

Songwriters Blueprint

1. What is your vision (relatable premise) for the song? What is the essence/ thesis/ central point of the song? Include the key emotion evoked – a cut deeper than the physical. What makes it unique. What's the juicy part that everybody can relate to?

Relatable Premise = Society says trick-or-treating is just for kids, but the craving for Halloween fun (and candy) never dies. This song turns that awkward truth into a bold, hilarious anthem for anyone who still wants to put on a mask and fill a pillowcase.

Emotion = Playful rebellion, nostalgic joy, candy-induced madness, and a splash of embarrassment.

Central Point/Core Idea (What's song about?) = An adult refuses to give up Halloween, hiding behind masks, dodging judgment, and sneaking candy like a middle-aged outlaw. It's about the wild joy of letting your inner child take the wheel — even if you look ridiculous doing it.

Unique because of =

It uses theatrical exaggeration, Halloween imagery, and a comedy-rock fusion to make fun of growing up, while celebrating childlike freedom. "Candy cheating" becomes a metaphor for rebellion against boring adulthood.

Singer style/mood/attitude = Upbeat, dramatic, and totally self-aware. The singer delivers it like a candy-obsessed pop-punk narrator who knows they're too old but doesn't care. It's fun, theatrical, slightly chaotic — with an edge of rock star mischief.

2. Who is talking? Who are they talking to and why?

Who is talking = A Halloween-obsessed adult, probably in their 40s or 50s, who's clinging to childhood joy like it's a bag of peanut butter cups.

Character avatar = Someone in a hoodie and vampire fangs, gripping a candy-stuffed pillowcase, grinning like a guilty kid. A little soft around the edges, but full of energy and Halloween spirit.

Why are they talking to them? To confess — and maybe justify — their behavior. They're playfully defending their right to celebrate Halloween like a kid. It's part confession, part candy sermon.

What pronoun? I

Talking to = Judgy adults and embarrassed kids who think they should've "grown out of it." Also addressing the audience as a fellow secret candy-lover.

Character avatar = Parents at the door, teenagers rolling their eyes, kids who wish their dad would stop knocking with them.

What pronoun? you

3. What is the musical / lyric hook that encapsulates the relatable premise? Write lyric and sing the melody. The only part of the song you want to write out of pure inspiration is this step. Step 2 is the creation part.

Hook = *I'm too old for trick-or-treating*

This is the unapologetic core of the song — funny, catchy, and instantly relatable. It wears the awkwardness with pride.

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

Beginning of each chorus — repeated for maximum impact and comedic rhythm.

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

- The drama of candy obsession
- Over-the-top lines like "my eyes are bleeding" and "my soul is peeling"
- The absurd honesty of someone who's too old, too addicted, and too hyped on sugar
- A perfect blend of exaggerated comedy and melodic catchiness

5. What will I say in the 1st verse that will set up my chorus? (Only one main thought per section) What and Why and When And How and Where and Who – Story in verses. What can the character see, hear, touch, taste and smell? What is the central character wearing? Who else is in the song? What are other characters doing, wearing, saying, etc.?

Main Idea:

They're gearing up for the candy run — putting on a mask, sneaking into Halloween night like a rogue kid in a grown-up body.

Details (imagery/senses):

- Mask on
- Pillowcase in hand
- Trying to pass as a "tall 10-year-old"
- Stubble and graying hair add to the comedy
- The craving is real — the sugar urge is overpowering

Sensory/metaphor:

- "Dodging adults" = feels like mischief
- "Pretending I'm a tall ten-year-old" = comical denial
- "Got stubble and a bit of white too" = self-aware physical humor

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

Main Idea:

They're knocking, pleading, and desperate — the sugar junkie's war chant.

Sensory/metaphor:

- Knock knock knock
- Please please please
- Trick trick trick-or-treating up and down your street
- Rhythmic like a chant or Halloween nursery rhyme

7. What will I say in the 2nd verse that will further the story and set up and keep moving along my chorus? (Only one main thought per section)

Main Idea:

Now they're fully in it — dodging shame, making strategic moves, and humiliating their kids in the process.

Details:

- Job sucks — Halloween is their escape
- Kids are embarrassed
- They're on a candy mission: avoid veggies, aim for full-size bars
- Candy corn and chocolate speak to them
- It's candy madness and they love it

Sensory/metaphor:

- “Skip the damn veggies, aim for the Mars”
- “Chew on gummies and stay to play”
- “Candy corn and chocolate call out to me” — borderline haunted by sweets

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.

Three things a bridge can do (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):

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

Twist/Perspective Change:

It's 2 AM, the kids are asleep — and the sneaky candy thief strikes again. It's both funny and a little sad — but mostly funny.

Sensory/metaphor:

- Sugar as a forbidden romance
- Nighttime as the perfect candy crime scene

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

Main Idea:

The outro seals the joke: he's *never* going to stop trick-or-treating.

Details:

- “Knock knock knock I’m back again...”
- The story doesn’t end — Halloween lives on
- The final laugh is the eternal cycle of sugar crimes

Final Checklist:

TELL THE WHOLE STORY! Have you told All the right details and no distracting ones? will the listener want to hear it again? Is it easy to sing? Does it invite the listener in because it is about the listener or a situation the listener personally identifies with?

FULFILL EXPECTATIONS When you set the stage in your song, you will create expectations for the listener that something in particular is going to happen. If you do not fulfill those expectations, you will have disappointed your listener. You can use those expectations to good effect to surprise the listener with a twist in the narrative of the song; but, somehow, some way, you will need to provide the listener with some sort of resolution.

DID I SAY WHAT I MEANT TO SAY?

DOES THE SONG FEEL COMPLETE?

- **Story fully told?** → Yes, from mask to midnight candy heist.
- **Any distractions?** → No, it sticks to the joke and drives it home.
- **Is it singable and clear?** → Absolutely — tons of rhythm, rhyme, and humor.
- **Does it invite the listener in?** → Yep, anyone who’s ever missed being a kid will relate.
- **Is the hook memorable?** → Very. It’s the title, the punchline, and the spirit.
- **Does the emotion land?** → Yes — it’s funny, nostalgic, and a bit too real.