The Old Version of Me © 2026 Jhana Matthews

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Lyrics by Jhana Matthews

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Genre of Music: Emotional Pop Rock
Vocals: Female vocals
Beginning: Softer and emotional
Verses: Piano or clean electric guitar, letting the words stand out
Pre-Chorus: Gradually builds with drums and guitar
Chorus: Bigger, powerful sound with stronger drums and electric guitar
Bridge: Pulls back emotionally, then builds again
Final Chorus: Biggest and most confident part of the song

Song via: Suno

The Old Version of Me



[Verse 1]

I used to say yes when I really meant no
Afraid that if I didn’t, you’d turn and let me go
I put everyone’s feelings ahead of mine
Thinking keeping you happy meant I would be fine

I worried too much about what the world would think
Changing little pieces of myself just to find where I belong
I didn’t realize how much of me I’d lose
When I was always letting everybody else choose

[Pre-Chorus]

I was famous for trying to please you
Addicted to trying to be liked
But now I know I don’t have to change who I am
I don’t have to pretend

[Chorus]

The old version of me
Was the girl who was afraid to speak
I thought saying no would push you away
So I’d give in to whatever you’d say

But I’m not living that way anymore
I’m learning that I’m worth standing up for
You can miss who I used to be
But the old me isn’t coming back

[Verse 2]

Some people liked me better when I’d give them their way
But everything started changing when I learned to say no
I can’t always give you everything you need
Sometimes I have to save a little something for me

[Pre-Chorus]

I was famous for trying to please you
Addicted to trying to be liked

But now I know I don’t have to change who I am
I don’t have to pretend

[Chorus]

The old version of me
Was the girl who was afraid to speak
I thought saying no would push you away
So I’d give in to whatever you’d say

But I’m not living that way anymore
I’m learning that I’m worth standing up for
You can miss who I used to be
But the old me isn’t coming back

[Bridge]

I can say no without explaining why
I can put myself first sometimes
It doesn’t mean that I don’t care
I’m just learning that my needs matter too

I can’t go back to who I used to be
Just to make somebody comfortable with me
I’ve finally learned that setting boundaries
Doesn’t mean I’m losing who I’m meant to be

[Final Chorus]

That’s the old version of me
The girl who was afraid to speak
I thought saying no would push you away
So I’d give in to whatever you’d say

But I’m not living that way anymore
I’m learning that I’m worth standing up for
You can miss who I used to be
But that’s the old version of me

Oh, the old version of meeeeeeeeeee
Yeah, the old version of meeee

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