

PTSD in the Driver's Seat © 2026 Jhana Matthews

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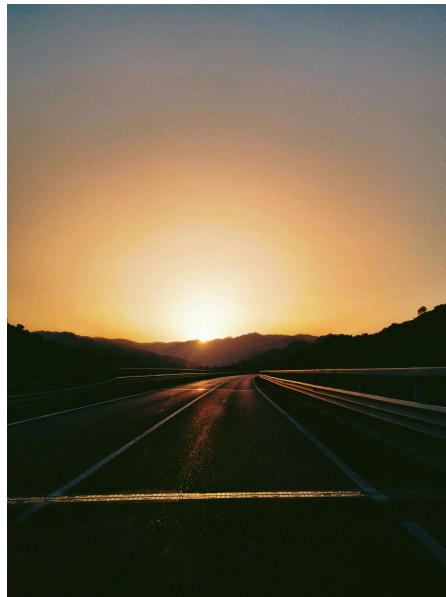
Lyrics by Jhana Matthews

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Music Genre: Pop Rock, Girl Group

Song via: [Suno](#)

PTSD in the Driver's Seat



[Verse 1]

Every time I turn the key.
My mind goes somewhere else.
The road is right in front of me,
But I'm fighting with myself.

They only see my smile,
Not the storm behind my eyes.
I'm trying hard to keep moving forward,
While yesterday won't say goodbye

[Pre-Chorus]

I'm reaching for the brakes,
While fear keeps pressing on the gas.
Every wrong turn whispers,
"You're still living in the past."
I keep searching every mirror,
Trying to recognize my face.
Wondering if I'll ever see
The woman I'm meant to be

[Chorus]

My PTSD's in the driver's seat,
Trying to tell me where to go.
But deep inside a quieter voice
Reminds me I still have hope.
The road ahead is long and hard,
But I won't stop today.
One turn at a time,
I'm finding my own way

[Guitar Solo]

I'm finding my own way

[Guitar Solo]

I'm finding my own wayyyyyy

[Verse 2]

Every road feels unfamiliar,
Even ones I've known for years.
I keep checking every mirror,
Looking over my shoulder in fear.
The smallest sound can shake me,
The quiet never lasts.
I keep trying to drive forward,
But I'm pulled back to the past.

[Pre-Chorus]

I'm reaching for the brakes,
But fear keeps pressing on the gas.
Every wrong turn whispers,
"You're still living in the past."
I keep searching every mirror,
Trying to recognize my face.
Wondering if I'll ever see
The woman I'm meant to be

[Chorus]

My PTSD's in the driver's seat,

Trying to tell me where to go.
But deep inside a quieter voice
Reminds me I still have hope.
The road ahead is long and hard,
But I won't stop today.
One turn at a time,
I'm finding my own way.

[Guitar Solo]

I'm finding my own way

[Guitar Solo]

I'm finding my own wayyyyyy

[Bridge]

I'm tired of seeing life in black and white
I'm tired of being afraid
The road ahead still feels dark
But I don't have to stay the same
I may not have all the answers
And still may lose my way
But I'm learning
With every mile,
Things don't have to feel the same

[Final Chorus]

I'm taking back the driver's seat.

I'm learning I can choose.

The road ahead may still be long,

But I don't have to lose.

The past may ride beside me,

But it won't decide my way.

I'm holding onto hope now,

One sunrise at a time.

I'm finally driving toward the life

That was always meant to be.

Image by [Antonio Alvaro](#) via [Unsplash](#)