Eminem - Lose Yourself

Look, if you had one shot, or one opportunity
To seize everything you ever wanted-
One moment
Would you capture it or just let it slip?

Yo, His palms are sweaty, knees weak, arms are heavy
There's vomit on his sweater already, mom's spaghetti
He's nervous, but on the surface he looks calm and ready
To drop bombs, but he keeps on forgetting
What he wrote down, the whole crowd goes so loud
He opens his mouth, but the words won't come out
He's choking, how everybody's choking now
The clock's run out, time's up over, bloah!
Snap back to reality, Oh there goes gravity
Oh, there goes Rabbit, he choked
He's so mad, but he won't give up that easy
No, he won't have it, he knows his whole back city's ropes
It don't matter, he's dope
He knows that, but he's broke
He's so stacked that he knows
When he goes back to his mobile home, that's when it's
Back to the lab again yo
This whole rap city
He better go capture this moment and hope it don't pass him

You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime yo,

His soul's escaping, through this hole that it's gaping
This world is mine for the taking
Make me king, as we move toward a, new world order
A normal life is boring, but superstardom's close to post mortem
It only grows harder, only grows hotter
He blows us all over these is all on him
Coast to coast shows, he's know as the globetrotter

Lonely roads, God only knows
He's grown farther from home, he's no father
He goes home and barely knows his own daughter

But hold your nose cause here goes the cold water
These don't want him no mo, he's cold product
They moved on to the next schmoe who flows
He nose dove and sold nada
So the soap opera is told and unfolds
I suppose it's old partner, but the beat goes on

You better lose yourself in the music, the moment
You own it, you better never let it go
You only get one shot, do not miss your chance to blow
This opportunity comes once in a lifetime yo,

No more games, I'm a change what you call rage
Tear this roof off like two dogs caged
I was playin in the beginning, the mood all changed
I been chewed up and spit out and booed off stage
But I kept rhyming and stepwriting the next cipher
Best believe somebody's paying the pied piper
All the pain inside amplified by the fact
That I can't get by with my 9 to 5
And I can't provide the right type of life for my family
'Cause man, these food stamps don't buy diapers
And it's no movie, there's no Makai Pfeiffer, this is my life
And these times are so hard and it's getting even harder
Trying to feed and water my seed, plus
Teeter-totter caught up between trying to be a father and a Prima Donna
Baby mama drama's screaming on and
Too much for me to wanna
Stay in one spot, another day of monotony
Has gotten me to the point, I'm like a snail
I've got to formulate a plot or I end up in jail or shot
Success is my only option, failure's not
Mom, I love you, but this trailer's got to go
I cannot grow old in Salem's lot
So here I go is my shot.
Feet fail me not - this may be the only opportunity that I got

You better lose yourself in the music…
You can do anything you set your mind to, man
Poetry Analysis - Eminem’s “Lose Yourself”

1. What is the title of the poem? What do you think it means?

2. Who is the speaker?

3. Do you notice any patterns in the poem? Repetitions? Why do you think they are there?

4. Look back at the poem and locate two examples of rhyme.

5. Locate one example of simile and explain what it means.

6. Locate one example of hyperbole and explain what it means in this poem.

7. Music is a symbol in this poem. What does it represent?

8. Choose three examples of images that the poet paints with words.

9. Find one example of onomatopoeia. Is it effective?

10. In one or two sentences explain what the theme of this poem is. What message is the poet sending to listeners/readers? Find two lines from the poem that you think most reveal the theme.
RETELL – Explain, in your own words, what Eminem is saying in the following lines about his life

“Lonely roads, God only knows / He’s grown farther from home, he’s no father / He goes home and barely knows his own daughter”

“Stay in one spot, another day of monotony / Has gotten me to the point, I’m like a snail / I’ve got to formulate a plot or I end up in jail or shot”

RELATE – Relate Eminem’s experiences with your own life. Have you ever felt the same way?

“Yo, His palms are sweaty, knees weak, arms are heavy / He’s nervous, but on the surface he looks calm and ready”

“He better go capture this moment and hope it don’t pass him” (When have you experienced a “moment” worth capturing or remembering?)

REFLECT – Do you agree with the following line from the poem? Explain why or why not.

“You can do anything you set your mind to, man”