

# I Will Be Gentle With Myself

by Karen Drucker

A musical score for "I Will Be Gentle With Myself" featuring a single melodic line on a treble clef staff. The music is in common time and includes lyrics with corresponding chords. The key signature is one flat (F major). The score consists of eight staves of music, numbered 1 through 8 on the left side.

**Chords and Measures:**

- Staff 1: F (Measures 1-2), Dm (Measures 3-4)
- Staff 2: Dm (Measure 4), B<sub>b</sub> (Measure 5), Fm/A<sub>b</sub> (Measure 6), F (Measures 7-8)
- Staff 3: F (Measures 9-10), Dm (Measures 11-12)
- Staff 4: B<sub>b</sub> (Measures 13-14), Fm/A<sub>b</sub> (Measure 15), F (Measures 16-17)
- Staff 5: Gm (Measures 18-19), Dm (Measures 20-21), Gm (Measures 22-23), Am (Measures 24-25), B<sub>b</sub> (Measures 26-27)
- Staff 6: B<sub>b</sub> (Measures 28-29), C (Measures 30-31), F (Measures 32-33), Dm (Measures 34-35)
- Staff 7: Dm (Measures 36-37), B<sub>b</sub> (Measures 38-39), Fm/A<sub>b</sub> (Measures 40-41), F (Measures 42-43)
- Staff 8: Dm (Measures 44-45), B<sub>b</sub> (Measures 46-47), Fm/A<sub>b</sub> (Measures 48-49), F (Measures 50-51)

**Lyrics:**

I will be gentle with my-self I will be gentle with my-self  
and I will hold myself like a newborn baby child. I will be  
tender with my heart. I will be tender with my heart. and I will  
hold my heart like a newborn baby child. I will be And I will  
on-ly go as fast as the slowest part of me feels safe to go.  
I will be easy on myself I will be easy on myself  
and I love myself like a newborn baby child. I will be