

WHEN I TURN OUT THE LIGHT

When I turn out the light, and the world is just me
And there's nothing to prove and no one can see
I can lower my guard and finally feel free
To forget everything I'm expected to be

When I turn out the light, I can turn off the role
That I play every day just to stay in control
Though it gets rave reviews it's been taking a toll
Cuz that's not who I am down deep in my soul.

I'd like to wipe off the perpetual smile
Please no one but myself
Say what I think at least once in a while
Take the real me down from the shelf.

Gonna make up my mind not to hide anymore
Gotta drop the facade when I walk out my door
There'll be no turning back to what I've been before
Lots of habits to break – ah, but think what's at stake
Imagine how I'd like to feel when I wake . . .
Like I feel every night
When I turn out the light.

Music and Lyrics by Eileen Valentino
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The Story Behind the Song...

The year was 1984. I had just moved to New York City to pursue my acting and singing career and was soon signed by an agency who wasted no time sending me out for 'meet and greets' with producers, casting agents, and so on. My days were filled with presenting myself over and over. Turning on the charm. Being who I thought they wanted me to be. One night, after a busy day of running all over Manhattan, I fell exhausted into bed and turned out the light. Whew. But I soon became aware of something...

I was still smiling.

I was horrified. (I knew I was a people pleaser – but where were the people??) I sprang out of bed and wrote the lyrics to this song in one sitting. Sometimes writers know exactly what we want to say and we say it. This was one of those times.