

Savior Complex

I am a chronic overthinker. My brain is constantly at 100 miles an hour. I have to admit, most of the time this is not a good thing. However, due to this habit of mine, I tend to find deeper meanings behind life. When tasked with showing the class a music video, I knew I would choose a song with a deep meaning. That is one of the many reasons I am drawn to Phoebe Bridgers. All of her songs make me stop and think. I tend to analyze every line. I think about what it means to me, and then wonder what it meant to her. I will even find myself listening to one of her songs, and on the thousandth time hear a brand new meaning. It makes me stop and think, that is why I chose the music video for *Savior Complex*.

Savior Complex is part of her second album *Punisher*. The album was released in 2020 and has 11 songs, all of which are pretty deep. I find this music video so brilliant because not only is it entertaining, but it also makes you wonder what in the world is happening. The video follows a man who is making bad decisions. Throughout these mistakes, there is a dog continuously showing up for him. He pushes the dog away, but no matter what the dog always comes back. Knowing a lot about Phoebe Bridgers, it makes sense that she would use a dog to represent her “savior complex.” On numerous occasions throughout her music, she compares herself to a dog. However, when I showed the class, most people seemed confused. It took a little coercing, but after sharing my thoughts on the video the class seemed to understand better. The man is toxic and facing demons in his life. The dog represents Phoebe (or anyone else with a “savior complex.”) She is showing up for this man, time after time, to fix him. No matter what this man does she is still there for him. The dog is quite literally her “savior complex.”

I wanted to show the class this video has a deeper meaning than a cute dog following around a man. The video is full of metaphors. If you take the time to watch and listen these meanings can become clear. At the end of the music video, the man begins to let the dog in and

we get a glimpse of what their life could be like together. However, we then find out the dog is not there. To me, this means that when the man finally decided to give in, it was too late and she was gone. That is what I find so wonderful about art, even though the artist had their idea in mind, the work is interpretational and we all come up with meanings. Phoebe Bridger's music allows me to interpret it differently, therefore I relate more. *Savior Complex* is a great example of that.