

## Questions for Echosmith

**Congratulations on the release of your self-titled album [*Echosmith*], how does it feel to look back on it now that you've completed it?**

It feels so rewarding to reflect on this whole process because it took a lot of hard steps to get here, but really necessary growing pains. So it feels really rewarding to now see the fruits of our labor because it did take a lot of time and a lot of refinement to come to this point of making this self-titled album, but I'm so grateful for every step because it obviously led us to where we are, as cliché as that sounds.

So for us it kind of feels like we're giving birth to something new, which is such a nice feeling to know that it's going or it's out in the world after so much preparation, so if anything, we feel really excited, but also kind of free now that this is out for everybody else to kind of take ownership over instead of it just living privately on our phones. We're in a really special phase in our career and there's never been a better time to make a self-titled album for us. So it all just feels really special.

**Did you learn anything about yourself looking back upon the album and reflecting on the hard work, and time you put into it?**

Yes, I learned so much about myself and about my motivation to do things. I think as we started this new era, we were asking ourselves a lot, why are we doing this? And I think asking yourself the hard questions of why can really help you feel stronger as you move forward, because if you don't really know why you're doing it, and you're just doing it, because it's what you've always done or that's what people say you should do, then you're not going to feel fully confident as you move forward as you feel the growing pains of taking the next step. I have learned that I am definitely the type to kind of overdo everything and do it for the sake of checking something off of my list. It takes a lot of self-discipline to take a step back and actually pause and take time to reflect on the why and how we're doing it all because it's easy to just move forward and say yes to everything and not take my health into consideration or take my intentions into consideration, and I kind of just let myself take the backburner a lot of times.

So, I've learned a lot and I'm still learning how to make boundaries and how to do music in the healthiest way. I'm always kind of trying to find the balance between pouring my heart and my soul into it without losing my heart and soul in it if that makes sense. Music is a very personal thing and I think I've learned that it's important to keep it very personal, but to also make sure I'm taking care of myself in every other way in order to do music in the best way. So I'm still learning, but that's something that I'm starting to learn and I've started to learn in this whole album number three process. I'm excited to hopefully get better at that every single day, but it's definitely a learning curve, but a key part in what we do.

**How have you grown since the lead-up to the self-titled release and how did the band's/your personal experiences influence the emotional depth of the album?**

We really chose to dive deeper on this album for a lot of reasons, but even the fact that we are now releasing this music independently has really influenced how we're doing everything. So, I mean, there's been a lot that's led up to this point, including label regime changes and feeling like we kind of got lost in the process of making music and started to almost lose our love for it. I think it took all those hard things to

really wake us up and make us realize that we wanted to make a change and we needed to make a change in order to still love what we do and be able to pour our heart into it. So I think all of that, the whole process of making our second album really led us to where we are now where we have creative control over what we do and it's extremely freeing to feel that because we didn't always, and we're the ones deciding what songs are being put on the album and what stories are being told.

I think that it's really important that the artist gets to have that say, and of course, you want to build a team around you that can challenge you and give input because we don't want to just be in our own echo chamber, but at the same time, as an artist, you need to believe in it the most, because if you don't believe in it, nobody else will believe in it the same way. So I think all of those challenges that we faced while making our second album, and the fact that it took so long, really led us to this point of taking ownership over what we do and making the necessary changes to do that with a management change, and with dealing with new family dynamics as we made certain changes, and it's all kind of led us to this point of being able to say that we're truly proud of the product that we made and how we made it.

Obviously, it takes a lot to get there and it takes a lot to, you know, make those hard decisions of changing things up when you know you need to but maybe your heart doesn't always want to because it's stirring the pot. I think knowing when change is necessary is really key and knowing when it's time to move on helps you grow.

So I think all those changes have really been reflected in the songs and a lot of songs are actually about that, or at least some of them are. It's really pushed us to be honest about everything and our songwriting, even if it feels hard to talk about, and we definitely have some songs on this album that reach new depths that we haven't reached before. But you know, even if it's scary to put it out there, I think it's really important to tell our story.

**Tell us more about "Sour." In what ways does the song capture the complexities and challenges of maintaining a relationship?**

"Sour" really talks about so many different aspects of a relationship, especially when you're long-distance and you don't have all the things that you want, at the same time. "Sour" just means so much to me because it is really like opening up my diary and letting everybody see the way that I was feeling in the midst of a really hard time of not getting to see my husband as much as we both would have liked. I think it's a really cool song because it takes you on that journey of here I am, these are my frustrations, these are the things I'm really scared about and what can happen in the future if we keep going down this path and don't make a change in order to be together. Then it kind of takes you through those emotions of the conversational aspects of that, but also takes you to the epiphany that I had of, I just need to drop everything and see you because that is the most important even if it means canceling things and changing up everything in order to just see you for 12 hours. That is the most important and I did have that realization as we were writing the song of what was truly the most important because it's really easy to get lost in the shuffle and the expectations of other people and you don't want to let people down, but what's the most important is our relationship. You can hear me come to that realization in the song, so you're truly on the journey with me as I experience and live a long-distance relationship, but ultimately decide to

even move to the other side of the country if that's what was necessary in order to be with a person I love. I think it really addresses a lot of different sides of a long-distance relationship, but it really points to what is the most important which is the person that you love.

**How has the album evolved since its conception? Does *Echosmith* still represent what you wanted to say at the start of the creative process?**

I think when we first started writing this album we were feeling very lost, and I think as we continued to write and record this album we started to find ourselves a little bit more piece by piece. I think that we were a completely different band when we first started writing this album to where we are now which I think is a good thing, because I think we truly found ourselves while we went through this creative process. The first song we wrote was actually brother, sister and the last song that we wrote was sour, and we really went through it in the year and a half, or more that we took to write this album, because that was in the midst of us questioning everything about everything that we did. We were wondering how to move forward in the middle of a pandemic. And it really was a cool process, because yes, we were lost at the beginning. But I think we really did get to find ourselves and find who the new Echosmith is not even just our old selves, but who are we now in 2023 as we went through the process, so I'm really happy with that whole journey, even if there were some painful moments. Because I'm glad that I'm not the same Sydney that wrote brother, sister. Because I was in a darker place at that time, and I still have challenges. And I'm still wrestling with some of these questions of how do I make the best music and put my best foot forward while also feeling emotionally healthy. But I do feel like I am in a completely different place than I was when we first started this album, but, you know, songs are born out of painful times, and most of the time, and I think songwriting is actually one of the best examples of something painful turning into something beautiful, and it's a really powerful and tangible way to see that. And I think every single song on this album really represents that

**Was there any material left off your latest album for any reasons (lyrically, sonically, or story wise)?**

We wrote a lot of songs for this album and of course, only a certain amount can make it onto the album. So there are several songs that did not make it on that were still really fun songs, but we actually didn't have too hard of a time choosing what would be on the album. I think that's just a good testimony to how on the same page we are right now. It's taken a journey to get there, of course, but we were all very much on the same page with what stories we wanted to tell and which ones were the most important. And yes, there were some songs during this process that I still love and you never know if they will get to have a life somewhere else or down the road, but every song on this album really represents a really important story.

Whether it's about my marriage, or Noah's marriage, or about growing pains of just growing up and learning how to be an adult, or growing pains within family or our relationship as siblings, every single song really has its place and it didn't feel like anything was left unsaid. So we actually did kind of, I don't know, rip the band aid off in a lot of ways with all the songs and really dove into everything that we were feeling and experiencing. I would say that pretty much everything we've experienced in the past year or two is represented within the songs, we didn't really leave anything out.

That's another reason why it's so fitting that this is a self-titled album, because this is very revealing as to who we are, what we've been going through and what goes on in our minds through all of that. Nothing

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was really left unsaid, which I think is a really beautiful and scary way to make music, but it also makes it even more fulfilling when you get to put that out in the world because, you know, you literally put your everything into it. I'm excited to keep doing that with our feature albums because I think that's why this one means so much to us and I've never been more excited to put something out than I am right now.

### **What message do you hope to convey to you audience through the release of *Echosmith*?**

The main message that I would love to get across with *Echosmith*, the album is that no matter what season of life you're in, you're not alone, and it doesn't last forever. I really hope that everyone who listens to this album can really feel seen through it, and seen through the lyrics, because maybe what I've gone through in the past couple years isn't exactly what you have gone through but maybe you've had that same feeling, but it's just a completely different situation. That's really a big reason why we decided to dive deeper into honesty and vulnerability. It's because we wanted anybody who is listening to feel seen through these lyrics and feeling seen is one of the biggest ways to feel known and to feel loved.

So, you know, ultimately, our goal with music ever since we started when I was nine years old, was for people to feel love and hope through our music. I think this album is a really great example of kind of taking one facet of that, which is feeling seen, to the next level. So I really hope people can feel that and see themselves in this music. I think there's a lot of opportunities to, because we talk about a lot of different emotions. So, no matter what season of life you're in, I hope people can see themselves in the songs and kind of take them as their own and take ownership over them because once they're out in the world, they're not Echosmith songs. They're our songs.

## **Other question**

### **What do you have coming up next?**

We're in full, self titled album mode. So that means that there will be a lot of fun things that we're doing to share this album with as many people as we can, and connect with our fans in a really meaningful way. There'll be a lot of fun face to face things that we're planning but also lots of sweet moments, even online, because we know that that's a really great way to connect with someone no matter where they live, no matter where we are. There will be a lot of sweet moments that I think we'll have with our listeners surrounding this album, but also, of course, lots of shows coming up. We have a European and UK tour coming up in the fall as well and lots more that we are planning in the live show realm, but we really just want this music to be heard and we want to connect with our fans on it. So, this whole album cycle will be about connection. I think we'll get to do that in a lot of really cool ways and intentional ways that we haven't really gotten to do before. So of course, that means live shows but that also means some other special events that really connect us all.