

SECTION TENSION PLANNER

Map your melody's emotional arc before you write — set a target zone and pillar note for each song section

SECTION	TARGET ZONE	PILLAR NOTE	ZONE DISTRIBUTION GOAL	NOTES / INTENTION
Intro <i>Set the scene</i>	1 2 3 4			
Verse 1 <i>Story opens</i>	1 2 3 4			
Pre-Chorus <i>Tension rises</i>	1 2 3 4			
Chorus <i>The payoff</i>	1 2 3 4			
Post-Chorus <i>Extend / land</i>	1 2 3 4			
Verse 2 <i>Story deepens</i>	1 2 3 4			
Bridge <i>Peak contrast</i>	1 2 3 4			
Final Chorus <i>Big arrival</i>	1 2 3 4			
Outro <i>Land + breathe</i>	1 2 3 4			

TENSION ARC SHAPES — THREE COMMON PATTERNS

CLASSIC RISE-FALL



Gentle rise through verse/pre-chorus, climax at bridge, return to resolution. The most universal pop structure.

Genre: Pop, R&B, Singer-songwriter

SLOW BUILD



Tension increases progressively throughout the song — finale is the emotional peak. No release until the very end.

Genre: Epic ballad, film scoring, progressive rock

EXPLOSIVE START



Chorus first — maximum impact immediately, then verse provides contrast and depth. Attention-grabbing for streaming.

Genre: Modern pop, dance, viral-optimized tracks