

## Spiral

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BPM: 150

**E**                    **Abm**                    **A**  
I could be daydreaming but for a moment  
and somehow they re creeping back in  
I could be sleeping and wake in a torrent  
somehow I get caught in their grips again

**A B**                    **Dbm**                    **B**  
and here I am in my shame spiral  
I m sucked into it again  
and I reach out for your benevolent opinion

**A**                    **B**                    **Dbm**                    **B E**  
and you bring the light back in.... oooh

**E**                    **B**                    **A**  
don t leave me here with all these critical voices cause they  
do the best to bring me down, bring me down  
when I m alone with all these negative voices I will  
need your help to turn them down, turn them round

**E**                    **Abm**                    **A**  
I could be listening to a conversation  
a story I m not even in  
these voices have their way when I am unguarded  
suddenly I step in quicksand again

**A B**                    **Dbm**                    **B**  
Once again in my shame spiral  
                  **A**                    **B**                    **Dbm**                    **B E**  
I am glad that you weigh in... oooh

**E**                    **B**                    **A**  
don t leave me here with all these critical voices cause they  
do the best to bring me down, bring me down  
when I m alone with all these negative voices I will  
**E**                    **B**                    **A**                    **Dbm**  
need your help to turn them down, turn them round

**Dbm**                    **B**                    **Gbm**                    **B**  
All these judgements so incisive  
**Dbm**                    **B**                    **A**                    **B**  
voices left to their devices  
**Dbm**                    **B**                    **Gbm**                    **B**                    **Dbm**  
this woman s neuroses a desperate plea  
                  **A**                    **B**                    **E B A**                    **E B A**                    **E**  
for slack to be cut to me.... cut to meeeeeeee... oooh

**E**

**B**

**A**

don t leave me here with all these critical voices cause they  
do the best to bring me down, bring me down  
when I m alone with all these negative voices I will  
need your help to turn them down, turn them round