

Spiral

Alanis Morissette

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

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do the best to bring me down, bring me down
when I m alone with all these negative voices I will
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