

Spiral
Alanis Morissette

BPM: 150

F **Am** **Bb**
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 cought in their grips again

Bb C **Dm C**
and here I am in my shame spiral
I m sucked into it again
and I reach out for your benevolent opinion

Bb **C** **Dm C F**
and you bring the light back in.... oooh

F **C** **Bb**
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

F **Am** **Bb**
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

Bb C **Dm C**
Once again in my shame spiral
 Bb **C** **Dm C F**
I am glad that you weigh in... oooh

F **C** **Bb**
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

F **C** **Bb Dm**
need your help to turn them down, turn them round

Dm **C** **Gm C**
All these judgements so incisive
Dm C **Bb C**
voices left to their devices
Dm C **Gm C** **Dm**
this woman s neuroses a desperate plea

Bb **C** **F C Bb** **F C Bb** **F**
for slack to be cut to me.... cut to meeeeeeee... oooh

F

C

Bb

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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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