

## Spiral

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BPM: 150

**F#** **Bbm** **B**  
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

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

**B** **C#** **Ebm** **C#** **F#**  
and you bring the light back in.... oooh

**F#** **C#** **B**  
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#** **Bbm** **B**  
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

**B** **C#** **Ebm** **C#**  
Once again in my shame spiral  
**B** **C#** **Ebm** **C#** **F#**  
I am glad that you weigh in... oooh

**F#** **C#** **B**  
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#** **B** **Ebm**  
need your help to turn them down, turn them round

**Ebm** **C#** **G#m** **C#**  
All these judgements so incisive  
**Ebm** **C#** **B** **C#**  
voices left to their devices  
**Ebm** **C#** **G#m** **C#** **Ebm**  
this woman s neuroses a desperate plea  
**B** **C#** **F# C# B** **F# C# B** **F#**  
for slack to be cut to me.... cut to meeeeeeee... oooh

**F#**

**C#**

**B**

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