

Spiral

Alanis Morissette

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