

**Be Good To Yourself  
Journey**

Intro: **G C Em C D**

**E** **A**  
Runnin out of self-control  
**B**  
Gettin close to an overload  
**E**  
Up against a no win situation  
**A**  
Shoulder to shoulder, push and shove  
**C#m**  
I m hangin up my boxin gloves  
**A B E**  
I m ready for a long vacation

**G C Em**  
Be good to yourself when, nobody else will  
**D**  
Oh be good to yourself  
**G/B C Em**  
You re walkin a high wire, caught in a cross fire  
**D**  
Oh be good to yourself

**E A**  
When you can t give no more  
**B**  
They want it all but you gotta say no  
**E**  
I m turnin off the noise that makes me crazy  
**A**  
Lookin back with no regrets  
**C#m**  
To forgive is to forget  
**A B E**  
I want a little peace of mind to turn to