

**Tommy Knox - Anxiety Again 3 Am**  
**Misc Unsigned Bands**

Check out Tommy Knox on YouTube via the following link:

[http://www.youtube.com/watch?v=G\\_A5VEuQxbo&feature=Playlist&p=621B5CBABBEF4040&index=57](http://www.youtube.com/watch?v=G_A5VEuQxbo&feature=Playlist&p=621B5CBABBEF4040&index=57)

Awesome singing and guitar with a great song from Tommy that many people can relate to. His style has a real natural flow about it.

I went to the effort of tabbing it out for myself so I thought I would share with those in need.

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ANXIETY AGAIN (3 AM) by Tommy Knox  
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Tablature by Adam Wells  
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Capo at 4th tuned 1/2 step down (or Capo at 3 standard)

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VERSE: **Am/G/F/G** CHORUS: **Am/F/C/G** BRIDGE: **F/G/Am**  
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Verse1

**Am** **G**  
Hello anxiety  
**F** **G**  
It s not good to see you again  
**Am** **G**  
Can t you come another time  
**F** **G**  
Don t you know it s 3am

Verse2

**Am** **G**  
My hearts pounding eyes closed  
**F** **G**  
sweat soaked but I m not alone  
**Am** **G**  
Cause you re their and I m scared  
**F** **G**  
For no reason at all  
**F** **G**  
I think I m gonna fall

Chorus1

**Am** **F** **C**

Every time I feel it s gonna end

**G Am F C G**

Hello anxiety again

**Am F C**

I ve swallowed all their pills and cried

**G Am F**

While they claim to be my friend ... still

**C G Am F C G Am**

Hello anxiety again .. and again

**F C G Am**

.. and again

**F C G Am**

.. and again

### Verse3

**Am G**

Hello anxiety

**F G**

Could you not stay a while

**Am G**

Don t you have better things to do

**F G**

Than trying to steal my smile

### Verse4

**Am G**

Tears rushing can t breathe

**F G**

Going numb while you laugh at me

**Am G**

You love my pain

**F G**

for no reason at all

**F G**

I think I m gonna fall

### Chorus2

**Am F C**

Every time I feel it s gonna end

**G Am F C G**

Hello anxiety again

**Am F C**

I ve swallowed all their pills and cried

**G Am F**

While they claim to be my friend ... still

**C G Am F C G Am**

Hello anxiety again .. and again

**F C G Am**

.. and again

**F C G Am**

.. and again

### Bridge

**F**                    **G**                    **Am**  
Don t you know that you live in my mind  
**F**                    **G**                    **Am**  
And I think that I ll attack you this time  
**F**    **G**                    **Am**  
If I try ... If I prey  
**F**                    **G**                    **G**  
I know I can think you .. I know that I can think you away

Chorus3

**Am**                    **F**                    **C**  
Every time I feel it s gonna end  
                  **G**                    **Am**                    **F**                    **C**                    **G**  
Hello anxiety again  
**Am**                    **F**                    **C**  
I ve swallowed all their pills and cried  
                  **G**                    **Am**                    **F**                    **C**                    **G**  
While they claim to be my friend ... still

Outro

**Am**                    **G**                    **C**  
Until the day when I can make it end  
                  **G**                    **Am**                    **G**                    **F**                    **G**  
Hello anxiety again  
**Am**                    **G**                    **C**  
Until the day when I can make it end  
                  **G**                    **Am**  
Hello anxiety again  
**Am**                    **G** ...  
Hello anxiety again

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