

**Bruised**

**Orla Gartland**

Verse: **C E7 F G**

Alarm clock greets me like a kick to the head  
stare at the ceiling cant get outa this bed  
I cant feel my breakfast, my tongue lost its taste  
Another insignificant day gone to waste

Prechorus: **Am F C G**

But I could make a change for the better today  
The worlds in my hand I can mould it my way (G, F, Em, Dm)

CHORUS: **C E7 F G**

Nothing to gain, next to nothing to lose  
Mornings a hit and the day is the bruise  
If I wake up tomorrow with a smile on my face  
Its cause Ive finally accepted this world that I have to embrace

Verse: **C E7 F G**

Days full of drama, of laughs and of cries  
Things can get tough when youre fighting a war from both sides  
So take off your helmet, and put down your gun  
Take a step back, take time out have some fun

Prechorus: **Am F C G**

But you could make a change for the better today  
The worlds in your hands you can mould it your way

CHORUS: **C E7 F G**

Nothing to gain, next to nothing to lose  
Mornings a hit and the day is the bruise  
If I wake up tomorrow with a smile on my face  
Its cause Ive finally accepted this world that I have to embrace

Bridge: **E7 F E7 F G**

Livin in a war zone, battered and confused  
Things can get tough can get tough when your bruised, bruised, bruised.

CHORUS: **C E7 F G**

Nothing to gain, next to nothing to lose  
Mornings a hit and the day is the bruise  
If I wake up tomorrow with a smile on my face  
Its cause Ive finally accepted this world that I have to embrace