

**Holding It In**  
**The Raging Nathans**

[Intro]

**C F A D** x2

[Verse]

**C**                    **F**                    **A**    **D**                    **C**  
The twitch starts in my nose, my eyes explode

**F**                    **A**                    **D**                    **C**  
I try holding it in so that nobody knows

**F**                    **A**                    **D**                    **C**  
I didn t do what I could, I didn t go out of my way

**F**                    **A**                    **G**                    **C**  
It never quite sinks in and the world turns anyway

[Chorus]

**C**                    **F**                    **C**                    **F**  
The light at the end of the tunnel is just an oncoming train

**C**                    **F**                    **C**                    **F**    **C**  
The light at the end of the tunnel is just an oncoming train

**F**                    **A** **D**                    **C**  
I hold it in, I hold it in

**F**                    **A** **D**                    **C**  
I hold it in, I hold it in

**F**                    **A** **D**                    **C**  
I hold it in, I hold it in

**F**                    **A** **D**                    **C**  
I hold it in, I hold it in

[Interlude]

**F A**  
**F D C B**  
**F A**  
**F D C B**

[Verse]

**C**                    **F**                    **A**    **D**                    **C**  
The twitch starts in my nose, my eyes explode

**F**                    **A**                    **D**                    **C**  
I try holding it in so that nobody knows

**F**                    **A**                    **D**                    **C**  
I didn t do what I could, I didn t go out of my way

**F**                    **A**                    **G**                    **C**  
It never quite sinks in and the world turns anyway

[Chorus]

**C**                    **F**                    **C**                    **F**  
The light at the end of the tunnel is just an oncoming train

**C**                    **F**                    **C**                    **F**    **C**

The light at the end of the tunnel is just an oncoming train

**F**            **A D**            **C**

I hold it in, I hold it in

**F**            **A D**            **C**

I hold it in, I hold it in

**F**            **A D**            **C**

I hold it in, I hold it in

**F**            **A D**            **C**

I hold it in, I hold it in