

**The Bird And The Worm  
The Used**

Verse 1:

**Em** **Am** **D**  
He wears his heart safety pinned to his backpack  
**Em** **D**  
His backpack is all that he knows  
**Em** **Am** **D**  
Shot down by strangers Whose glances can cripple  
**Em** **Am** **D**  
The heart and devour the soul

Chorus:

**Em** **C**  
All alone he turns to stone  
**G** **D** **Am**  
While holding his breath half to death  
**Em** **C**  
Terrified of what s inside  
**G** **Am** **D** **Em**  
To save his life He crawls like a worm from a bird  
**Am** **D** **Em**  
Crawls like a worm from a bird

Verse 2:

**Em** **Am** **D**  
Out of his mind The weight pushes him whispering  
**Em** **Am**  
Must have been out of his mind  
**Em** **Am** **D**  
Mid-day delusions are pushing this out of his  
**Em** **Am**  
head Maybe out of his mind  
**Am** **D**  
Out of his mind

Chorus:

**Em** **C**  
All alone he turns to stone  
**G** **D** **Am**  
While holding his breath half to death  
**Em** **C**  
Terrified of what s inside  
**G** **Am** **D** **Em**  
To save his life He crawls like a worm from a bird

**Am**                    **D**                    **Em**  
Crawls like a worm from a bird

Bridge:

**Em**            **D**  
All he knows  
          **Em**                            **D**  
If he can't relieve it grows  
          **Em**            **D**  
And so it grows  
          **Em**  
He crawls like a worm  
**Em**  
Crawls like a worm from a bird

Verse 3:

**Em**                                    **Am**                    **D**  
Out of his mind The weight pushes him whispering  
**Em**                                    **D**  
Must have been out of his mind

Chorus:

**Em**                    **C**  
All alone he turns to stone  
          **G**    **D**    **Am**  
While holding his breath half to death  
**Em**                    **C**  
Terrified of what's inside  
          **G**                            **Am**                            **D**                    **Em**  
To save his life He crawls like a worm from a bird  
**Am**                    **D**                            **Em**  
Crawls like a worm from a bird

Chorus:

**Em**                    **C**  
All alone he turns to stone  
          **G**    **D**    **Am**  
While holding his breath half to death  
**Em**                    **C**  
Terrified of what's inside  
          **G**                            **Am**                            **D**                    **Em**  
To save his life He crawls like a worm from a bird  
**Am**                    **D**                            **Em**  
Crawls like a worm from a bird