

## Self Help

### Turin Brakes

-----  
Turin Brakes " Self Help  
-----

Tabbed by: Tim Lawson

Email: timlawson100@hotmail.com

Tuning: Standard Tuning (EADGBE)

Let's have a go on this song :)

Main Riff:

	B	F#m	D	A	B
e	-----0-----	000---	55555-5555-	/-777777777-	
B	--0000000000--	-----0-----	000---	77777-5555-	/-777777777-
G	--4444444444--	-----2-----	222---	77777-6666-	/-888888888-
D	--4444444444--	-----4-----	444---	77777-7777-	/-999999999-
A	--2222222222--	-----4-----	444---	55555-7777-	/-999999999-
E	-----2--2--2--	0h2-2-----	xxxxx-5555-	/-777777777-	

This main riff/chord progression is played during the verses.

Intro:

**B F#m D A B x2**

Verse 1:

**B**

Breathe in good, breathe out bad,

**F#m**

**D A B**

Remind yourself of the things you have, it s easy.

**B**

Pull a smile onto your face,

**F#m**

**D A B**

Understand that making friends is easy.

**B**

So tell yourself it will be ok,

**F#m**

**D A B**

Remind yourself that you re not just in it for the money.

Chorus:

**B**

**A**

The end, the end, the end, the end,

**F#m**

**B A B**

My friend, where s the end?

**B**

You re up, you re down,

**A**

**F#m**

You re in the ground in the end, my friend,

**B A B**

**F#m**

**D**

**A**

**B**

Where s the end?

Verse 2:

**B**

**F#m**

I ve found myself, deep down in the dirt,

**D**

**A B**

Got to get myself to my feet yeah.

**B**

So tell yourself it will be ok,

**F#m**

**D A B**

Remind yourself that you re not just in it for the money.

Chorus:

**B**

**A**

The end, the end, the end, the end,

**F#m**

**B A B**

My friend, where s the end?

**B**

**A**

The end, the end, the end, the end,

**F#m**

**B A B**

My friend, where s the end?

From here olly and gale start singing "œohhhh" and "œnananaa" during another verse, chorus and last verse. They have the same chords as the verse and chorus from above.

-----  
27/04/03 good song, the other songs are coming a.s.a.p :) please feel free to contact me for corrections or questions: [timlawson100@hotmail.com](mailto:timlawson100@hotmail.com)