

HOME *Staind*

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NEW FORMAT

Bass lines are included in the guitar transcriptions

Gtrs. 1 & 3: Baritone gtrs. tuned (low to high) to A \flat D \flat A \flat D \flat G \flat B \flat .

Gtr. 2 (acous.): tuned to "dropped-D," transposed down one half step (low to high: D \flat A \flat D \flat G \flat B \flat E \flat).

5-string bass tuned (low to high) to A \flat D \flat A \flat D \flat G \flat .

All chords sound one half step lower than written.

Gtr. 1 chords

Gtr. 2 chords

A Intro (0:00)
Very Slow Rock ♩ = 62

Gtr. 1 (elec. w/heavy dist.)

Chords: G(#4)/D, Bsus2, D5, Gsus2^X, C6^X (play 3 times), B5^{IX}, N.C.(A5)

Bass

B Verses (0:16, 1:18)

1. I force myself through another day I can't explain the way Today
 2. Another sleepless night again Hotel room's my only friend

Gtr. 1 (w/light dist.)

Chords: D5, G6/B, Gm/Bb

Rhy. Fig. 1

Gtr. 2 (acous.)

Bass

As heard on Staind's Flip/Elektra recording *Dysfunction*

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just fell apart like everything
And friends like that just don't add up

right in my face
to anything

D5 G6/B Gm/Bb

Gr. 1 plays Rhy. Fig. 1 four times
Gr. 2 (acous.) Rhy. Fig. 1A N.H.

end Rhy. Fig. 1A

5

Bass D5 G6/B Gm

And I try to be the one I can't accept It's all because
And I try so hard to be everything that I should never

D5 G6/B Gm/Bb

Gr. 2 plays Rhy. Fig. 1A twice

7

Bass

of you I've had to walk away from everything
take away from you again 'cause I heard you say

D5 G6/B Gm/Bb

9

Bass

(4th time on 2nd chorus) **To Coda** 1., 2., 3.
(skip ahead to meas. 14)

4. **D.S. al Coda**
(go back to **B** and take repeats)

C Chorus (0:47, 1:50)

And I'm afraid to be alone
Afraid you'll leave me when I'm gone
And I'm afraid to come back home

11

Gr. 1 (w/heavy dist.) Gsus2^V D5^V Esus2 Esus2

Gr. 2 G5 Rhy. Fig. 2 D Esus2 Esus2
end Rhy. Fig. 2 Rhy. Fill 1

Bass Bass Fig. 1 end Bass Fig. 1 Bass Fill 1

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⊕ *Coda* (2:17)

D *Bridge* (2:21)

I

cannot

forget

Esus2

Dadd4/C

Dm/F

Gtr. 2 tacet

Gtr. 1
14

(clean)

17 Dadd4/C

1.

live

with

regret

Dm/F

2.

live

with...

through

this

I am

I can't see

through

this

I can't

Dm/F

(2:53) G/C

Gtr. 3 tacet

P.M.

Dm6/F

(play 5 times)

19

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E 3rd Chorus (3:16)

do this anymore

G/C Dm6/F Gsus2^V D^V

21 Gtr. 1 P.M. *Gtr. 2 plays Rhy. Fig. 2 two and a half times simile*

Bass *Bass plays Bass Fig. 1 two and a half times*

1.,2. 'Cause I'm afraid to be alone | 4. And I'm afraid to come back home
 Afraid you'll leave me when I'm gone gone

23 Gtr. 1 Esus2 *Gtr. 2 plays Rhy. Fill 1*

Bass plays Bass Fill 1

F Outro Chorus (3:39)

1.,2. Afraid you'll leave me when I'm gone | 3.
 But I just wish I was back

home home

Gtr. 1 (w/slight dist.) Gsus2^V D Esus2 Esus2 *Gtr. 3 tacet*

25 *mp*

G5 D Esus2 Esus2

Gtr. 2

Bass