

# IT'S BEEN AWHILE *Staind*

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\*\*\*NEW FORMAT\*\*\*

## Bass lines are included in the guitar transcriptions

Gtrs. 1, 3 and 4 are elec. baritone gtrs. tuned (low to high) to A $\flat$  D $\flat$  A $\flat$  D $\flat$  G $\flat$  B $\flat$ .  
 Gtr. 2 is a conventional acous. gtr. tuned down 1/2 step (low to high: E $\flat$  A $\flat$  D $\flat$  G $\flat$  B $\flat$  E $\flat$ ).  
 5-string bass tuned down 1 1/2 steps (low to high: A $\flat$  D $\flat$  G $\flat$  B E).  
 All notes and chords sound one half step lower than written (key of A $\flat$  minor).

### Gtr. 1 (elec. baritone) chords:

### Gtr. 2 (acous.) chords:

### A Intro (0:00)

Very Slow Rock  $\text{♩} = 58$

\*Gtr. 1 (clean elec.)  
 Asus4 A5 Asus4 Cmaj7 (no 3) Gmaj7 (no 3) C/D  
 let ring throughout  
 Rhy. Fig. 1  
 end Rhy. Fig. 1

\*\*Gtr. 2 (acous.)  
 Asus4 Csus2 G5 G5/D Am C D  
 let ring throughout  
 Rhy. Fig. 1A  
 end Rhy. Fig. 1A

*mf*  
 \*doubled  
 \*\*enters 2nd time (at 0:09).

### B Verses (0:17, 1:23, 3:01)

1. And it's been awhile since I could hold my head up high And it's been awhile since I first saw  
 2. And it's been awhile since I could say that I wasn't addicted And it's been awhile since I could say  
 3. And it's been awhile since I could look at myself straight And it's been awhile since I said I'm sorry

(Gtr. 1 chords) Asus4 A5 Asus4 Cmaj7 (no 3) Gmaj7 C/D Asus4 A5 Asus4 Cmaj7 (no 3)  
 (Gtr. 2 chords) Asus4 Csus2 G5 G5/D Asus4 Asus4 Csus2

Gtr. 1 plays Rhy. Fig. 1 four times  
 Gtr. 2 plays Rhy. Fig. 1A four times simile  
 Gtr. 3 tacet on Verse 3  
 Gtr. 4 plays Riff B three times simile on Verse 3 (see meas. 9)

Gtr. 3 (clean elec. w/chorus)  
 Riff A  
 end Riff A  
 P.M.

*mf* *p*

Bass  
 Bass substitutes Bass Fill 1 on Verse 2  
 \*don't play 3rd time

As heard on Staind's Flip/Elektra recording *Break the Cycle*

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# IT'S BEEN AWHILE *Staind*

you  
I loved myself as well And

And it's been awhile  
it's been awhile  
And it's been awhile

since I could stand on my own two feet again  
since I've gone and fucked things up just like I always again  
since I've seen the way the candles light your face

Gmaj7(no 3)  
G5

C/D  
G5/D

Asus4 A5  
Asus4

Asus4

Cmaj7(no 3)  
Csus2

Gmaj7(no 3)  
G5

C/D  
G5/D

*Gtr. 3 plays Riff A twice on Verse 3*  
*Gtr. 4 (elec. w/dist.)*

6

*\*don't play third time*

*\* --- Bass plays simile on Verses 2 and 3*

And it's been awhile  
And it's been awhile  
And it's been awhile

since I could call you  
but all that shit seems to disappear  
but I can still remember

just when I'm with you  
the way you taste

Asus4 A5  
Asus4  
Riff B

Asus4

Cmaj7(no 3)  
Csus2

Gmaj7(no 3)  
G5

C/D  
G5/D

*end Riff B*

9

*Fill 1 (1:23, 3:01)*

Gtr. 1 \* Asus4 Cmaj7(no 3)

*\*Disregard tie on Verse 2.*

*Bass Fill 1 (1:23)*

Asus4 Cmaj7(no 3) Gmaj7(no 3) C/D Asus4 Cmaj7(no 3) Gmaj7(no 3) C/D

Bass

# IT'S BEEN AWHILE *Staind*

**C** Chorus (0:50, 1:56, 3:34)

And everything | can't remember  
 And everything | can't remember  
 And everything | can't remember

Gr. 4 (w/heavy dist.)  
 11

**f**  
 A5 XII C5 G5 D5 D5 XII D5  
 Rhy. Fig. 2 end Rhy. Fig. 2

**f**  
 Am C G5 D  
 Rhy. Fig. 2A end Rhy. Fig. 2A

**p**  
 Bass Fig. 1 end Bass Fig. 1

as fuckedup as it all may seem The consequences that are rendered  
 as fuckedup as it all may seem The consequences that are rendered  
 as fuckedup as it all may seem to be I know it's me I cannot blame this on my father

A5 XII C5 G5 D5 D5 XII D5 A5 XII C5

Gr. 1 plays Rhy. Fig. 2 two and a half times  
 13 Gr. 2 plays Rhy. Fig. 2A two and a half times

Gtrs. 1, 2 and 4 substitute Rhy. Fill 1 third time

A5 XII C5 G5 D5 D5 XII D5 A5 XII C5

Rhy. Fill 1 (3:46)  
 Gr. 4

**f**  
 Gr. 1 G5 D5 D5 XII D5  
 Gr. 2 G5 D

Bass Fill 1A (3:46)  
 Bass (G5) (D5)

# IT'S BEEN AWHILE *Staind*

(3rd time) **To Coda** ⊕

(skip ahead to meas. 23)

I've stretched myself beyond my means  
I've gone and fucked things up again  
He did the best he could for me

16 G5 D5 D5<sup>XII</sup> D5 A5<sup>XII</sup> C5

1. (go back to **B**) | 2. yeah

Gr. 4 18 G5 D5 G5 D5

Gr. 1 G5 D5 G5 D5

Gr. 2 G5 D G5 D

Bass

**D** Bridge (2:28)

1., 2., 3.

Why must I feel this way  
Just make this go away  
Just one more peaceful day

(2:57)

**D.S. al Coda** ⊕  
(go back to **B**)

20 G5 Gsus2 D5 Dsus2 A5<sup>VII</sup> A5<sup>VII</sup>

G5 Gsus2 D5 Dsus2 A5<sup>VII</sup> let ring A5<sup>VII</sup>

G5 D Am Am

let ring...

# IT'S BEEN AWHILE *Staind*

⊕ Coda (4:02)

ⓔ Outro (4:07)

And it's been awhile since I could

Gtr. 4

23

7 7 (7) 7 7 (7) 5 5 4 4 5 5 2  
 6 5 (5) 5 5 (5) 3 3 2 2 3 3 0  
*descresc.*

Gtr. 1

G5

D5

Asus4

A5

Asus4

Cmaj7

mf 12 14 (14) 12 9 0 10 (10) 9 10 10

Gtr. 2

G5

D

Asus4

Csus2

mp 2 2 3 (3) 2 2 0 3 0 3 (3) 0 0 0

Bass

5 5 (5) 5 5 5 (5) 5 5 5 5 5 5 7

hold my head up high And it's been awhile since I said I'm sorry

25-

Gmaj7

C/D

Asus4

A5

Asus4

Cmaj7

Gmaj7

4 4 4 (4) 4 5 7 5 7 7 5 5 7 12 14 (14) 12 9 0 10 (10) 9 10

G5

G/D

Asus4

Csus4

G5

3 (3) 0 0 0 0 0 0 3 (3) 2 0 0 0 2 2 3 (3) 2 2 0 0 3 (3) 0 0 0