

Recovering Catholic

Background: I grew up strict Catholic. 12 years of private, Catholic school. Church on Sundays and then some. I overdosed somewhere in there. It takes a toll. You never fully recover. It's always lurking, right there, beneath the surface. The anxiety, the guilt, the fear. But this song is a bit exaggerated and just meant for fun. Don't take it too seriously.

Written: January 14-16, 2026

| Arr. | Key | Time | Tuning | Tempo | Style | Capo |
|------|-----|------|----------|-------|----------------|------|
| 1 | G | 4/4 | Standard | 140 | Country / Folk | None |

| | |
|--------------------|-------------|
| Arrangement | 1 |
| Intro | G C D |
| Verse | G C G D x2 |
| Pre-chorus | D C D C D |
| Chorus | C G D G x2 |
| Bridge | Am C G D x2 |

Chords Used in this Song

| G | C | D | Am |
|---|---|---|----|
| | | | |

Recovering Catholic

Verse

G

I grew up strict Catholic

C

No it wasn't very fun

G

Spent my school days in fear

D

Of these creatures they called Nuns

G

Dressed in black they carried yard sticks

C

Their habits blotted out the sun

G

D

They scared the living Hell

G

Right out of everyone

Pre-chorus

D

I still wake up scared at night

C

Feeling so unwell

D

Cuz they told me that for all my sins

C

D

I would burn forever in Hell

So now I call myself a...

Chorus

C

Recovering Catholic

G

My stomach feels like colic

D

I feel so melancholic

G

All the time

C
This recovering Catholic
G
Wanted it more apostolic
D
But it felt so vitriolic
G
Such a crime

Verse

G
The Priests and Brothers weren't much better
C
Seemed on the shady side
G
Didn't dare get too close
D
Had to protect your backside
G
The dogma they spewed
C
They wanted us to believe
G
But creation and Noah's Ark
D **G**
Sound like fairy tales to me

Pre-chorus

D
I still wake up scared at night
C
Feeling so unwell
D
Cuz they told me that for all my sins
C **D**
I would burn forever in Hell

So now I am a...

Chorus

C

Recovering Cathoholic

G

Bible stories are meant to be symbolic

D

But they talked so hyperbolic

G

And so tough

C

This recovering Cathoholic

G

Don't think God is so despotic

D

It always seemed so idiotic

G

He ain't that rough

Bridge

Am

Do unto others

C

As you would have them do to you

G

Love thy neighbor

Feed the poor

D

Respect your elders too

Am

The basic tenets

All stand strong

C

Right there on their own

G

We don't need all that

D

Fire and brimstone

But now I am a...

Chorus

C

Recovering Cathoholic

G

Cursed to be neurotic

D

I'm borderline psychotic

G

Don't ya think

C

This recovering Cathoholic

G

Thinks they were diabolic

D

It's why I'm near alcoholic

G

So let's have a drink

Recovering Catholic

Verse

I grew up strict Catholic
No it wasn't very fun
Spent my school days in fear
Of these creatures they called Nuns
Dressed in black they carried yard sticks
Their habits blotted out the sun
They scared the living Hell
Right out of everyone

Pre-chorus

I still wake up scared at night
Feeling so unwell
Cuz they told me that for all my sins
I would burn forever in Hell

So now I call myself a...

Chorus

Recovering Catholic
My stomach feels like colic
I feel so melancholic
All the time
This recovering Catholic
Wanted it more apostolic
But it felt so vitriolic
Such a crime

Verse

The Priests and Brothers weren't much better
Seemed on the shady side
Didn't dare get too close
Had to protect your backside
The dogma they spewed
They wanted us to believe
But creation and Noah's Ark
Sound like fairy tales to me

Pre-chorus

I still wake up scared at night
Feeling so unwell
Cuz they told me that for all my sins
I would burn forever in Hell

So now I am a...

Chorus

Recovering Catholic
Bible stories are meant to be symbolic
But they talked so hyperbolic
And so tough
This recovering Catholic
Don't think God is so despotic
It always seemed so idiotic
He ain't that rough

Bridge

Do unto others
As you would have them do to you
Love thy neighbor
Feed the poor
Respect your elders too
The basic tenets
All stand strong
Right there on their own
We don't need all that
Fire and brimstone

But now I am a...

Chorus

Recovering Catholic
Cursed to be neurotic
I'm borderline psychotic
Don't ya think
This recovering Catholic
Thinks they were diabolic
It's why I'm near alcoholic
So let's have a drink

Recovering Catholic

| | |
|---|---|
| Verse: G C G D x2 | Chorus: C G D G x2 |
| Pre-chorus: D C D C D | Bridge: Am C G D x2 |
| <p>Verse I grew up strict Catholic No it wasn't very fun Spent my school days in fear Of these creatures they called Nuns Dressed in black they carried yard sticks Their habits blotted out the sun They scared the living Hell Right out of everyone</p> | <p>Pre-chorus I still wake up scared at night Feeling so unwell Cuz they told me that for all my sins I would burn forever in Hell So now I am a...</p> |
| <p>Pre-chorus I still wake up scared at night Feeling so unwell Cuz they told me that for all my sins I would burn forever in Hell So now I call myself a...</p> | <p>Chorus Recovering Catholic Bible stories are meant to be symbolic But they talked so hyperbolic And so tough This recovering Catholic Don't think God is so despotic It always seemed so idiotic He ain't that rough</p> |
| <p>Chorus Recovering Catholic My stomach feels like colic I feel so melancholic All the time This recovering Catholic Wanted it more apostolic But it felt so vitriolic Such a crime</p> | <p>Bridge Do unto others As you would have them do to you Love thy neighbor Feed the poor Respect your elders too The basic tenets All stand strong Right there on their own We don't need all that Fire and brimstone</p> |
| <p>Verse The Priests and Brothers weren't much better Seemed on the shady side Didn't dare get too close Had to protect your backside The dogma they spewed They wanted us to believe But creation and Noah's Ark Sound like fairy tales to me</p> | <p>But now I am a...</p> |
| | <p>Chorus Recovering Catholic Cursed to be neurotic I'm borderline psychotic Don't ya think This recovering Catholic Thinks they were diabolic It's why I'm near alcoholic So let's have a drink</p> |