

Knotted Up Inside

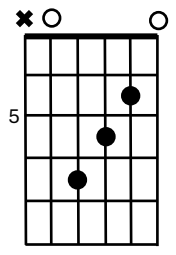
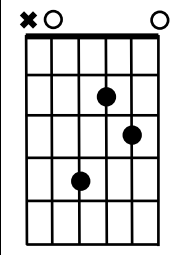
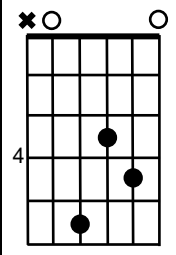
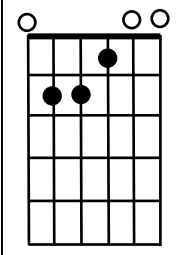
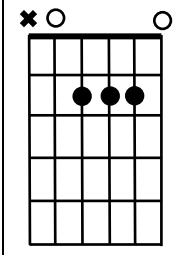
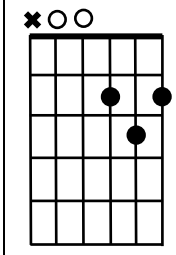
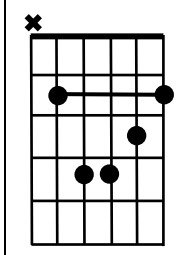
Background: Tragedy struck us once. Then again. Then again. It's too much to get your head around. This is for them, and for us left behind trying to figure it all out. I still haven't.

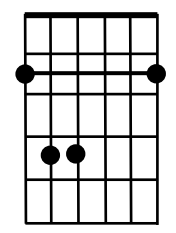
Written: 2022

Arr.	Key	Time	Tuning	Tempo	Style	Capo
1	A	4/4	Standard	110	Folk Rock	None

Arrangement	1
Intro	Amaj E/A Dadd9 E/A
Verse	Amaj E/A Dadd9 E/A
Chorus	D A D A D A E
Bridge	Bm F#m Bm F#m E Bm E F#m

Chords Used in this Song

Amaj	Dadd9/A	E/A	E	A	D	Bm
						

F#m


Knotted Up Inside

Verse 1

Amaj

A rainy May 4th

E/A

I got the call

Dadd9

Felt my heart fall

E/A

Froze where I stood

Amaj

The words a shock

E/A

Hard to hear

Quick to block

Dadd9

Denial whispers

E/A

“You’ve misunderstood”

Amaj

Now I sit staring blankly

E/A

At untied shoes

Dadd9

For how long

E/A

I don’t know

Amaj

Remembering how I learned

E/A

And where I was

Dadd9

And know that it was you

E/A

That taught me to

Chorus

D

A

For those still left alive

D

Are we really livin'

A

D

Or just trying to survive?

A

I wish I could be forgiven

E

For all the sins I hide

Amaj

Knotted up inside

Verse 2

Amaj

E/A

You were fine at the Seger show

Dadd9

But we didn't know

E/A

What lurked beneath

Amaj

E/A

Two days on you were diagnosed

Dadd9

We sat so morose

E/A

In stunned disbelief

Amaj

E/A

Two years to fight a demon inside

Dadd9

A real demon

E/A

Not Bible fiction

Amaj

E/A

Clinging to hope and denial

Dadd9

Then 2-16 you were gone

E/A

No benediction

Chorus

D **A**
For those still left alive
D
Are we really livin'
A **D**
Or just trying to survive?
A
Waitin' at the door of perdition
E
For absolution to arrive
Amaj
Knotted up inside

Verse 3

Amaj
March the 9th
E/A
Just a normal day
Dadd9
Or so it seemed
E/A
For number 9
Amaj
A split second
E/A
And you'd still be here
Dadd9
Instead another call
E/A
And more denial

Amaj
The little sister
E/A
That I never had
Dadd9 **E/A**
Your absence now is palpable

An open scar

(Just like her)

Amaj **E/A**

The parallel incomprehensible

Dadd9

So improbable

E/A

Yet here we are

Chorus

D **A**

For those still left alive

D

Are we really livin'

A **D**

Or just trying to survive?

A

We stood there so grief stricken

E

Missing number 9

Amaj

Knotted up inside

Bridge

Bm

Survivor guilt

Bm

Weights me down

Bm

Like cement shoes

F#m

Pulling me down

Bm

I wish I could wake up

Bm

From this dream

Bm

From that nightmare

F#m

Where you feel yourself drown

(You know the one)

E

I want to wake up from reality

Bm

But reality never sleeps

E

I want to go back in time

E

But causality

F#m

Sows what you reap

Verse 4

Amaj

E/A

I haven't slept well for days

Dadd9

Or weeks or months or years

E/A

I can't be sure

Amaj

Ain't it strange

E/A

How some moments drag

Dadd9

While years just disappear

E/A

In a blur

Amaj

We've been robbed

E/A

Of our golden years

Dadd9

Together here

E/A

Growing old

Amaj

Now we're left

E/A

With aging memories

Dadd9

Unfinished stories

E/A

Cut short and left untold

Chorus

D **A**
For those still left alive

D
Are we really livin'

A **D**
Or just trying to survive?

A
I wish I could feel I'm livin'

E
And not just killing time

Amaj
Knotted up inside

D **A**
For those still left alive

D
Are we really livin'

A **D**
Or just trying to survive?

A
I wish I could get on livin'

E
Stop feeling paralyzed

Amaj
Knotted up inside

Amaj **E/A** **Dadd9** **E/A**
Knotted up inside x5

Knotted Up Inside

Verse 1

A rainy May 4th
I got the call
Felt my heart fall
Froze where I stood
The words a shock
Hard to hear
Quick to block
Denial whispers
“You’ve misunderstood”

Now I sit staring blankly
At untied shoes
For how long
I don’t know
Remembering how I learned
And where I was
And know that it was you
That taught me to

Chorus

For those still left alive
Are we really livin’
Or just trying to survive?
I wish I could be forgiven
For all the sins I hide
Knotted up inside

Verse 2

You were fine at the Seger show
But we didn’t know
What lurked beneath
Two days on you were diagnosed
We sat so morose
In stunned disbelief

Two years to fight a demon inside
A real demon
Not Bible fiction

Clinging to hope and denial
Then 2-16 you were gone
No benediction

Chorus

For those still left alive
Are we still livin'
Or just trying to survive?
Waitin' at the door of perdition
For absolution to arrive
Knotted up inside

Verse 3

March the 9th
Just a normal day
Or so it seemed
For number 9
A split second
And you'd still be here
Instead another call
And more denial

The little sister
That I never had
Your absence now is palpable
An open scar
(Just like her)
The parallel incomprehensible
So improbable
Yet here we are

Chorus

For those still left alive
Are we really livin'
Or just trying to survive?
We stood there so grief stricken
Missing number 9
Knotted up inside

Bridge

Survivor guilt
Weighs me down
Like cement shoes
Pulling me down
I wish I could wake up
From this dream
From that nightmare
Where you feel yourself drown
(You know the one)
I want to wake up from reality
But reality never sleeps
I want to go back in time
But causality
Sows what you reap

Verse 4

I haven't slept well for days
Or weeks or months or years
I can't be sure
Ain't it strange
How some moments drag
While years just disappear
In a blur

We've been robbed
Of our golden years
Together here
Growing old
Now we're left
With aging memories
Unfinished stories
Cut short and left untold

Chorus

For those still left alive
Are we really livin'
Or just trying to survive?
I wish I could feel I'm livin'
And not just killing time

For those still left alive
Are we really livin'
Or just trying to survive?
I wish I could get on livin'
Stop feeling paralyzed
Knotted up inside

Knotted up inside x5

Knotted Up Inside

<p>Verse: Amaj E/A Dadd9 E/A</p>	<p>Chorus: D A D A D A E</p>	<p>Bridge: Bm F#m Bm F#m E Bm E F#m</p>
<p>Verse 1 A rainy May 4th I got the call Felt my heart fall Froze where I stood The words a shock Hard to hear Quick to block Denial whispers "You've misunderstood"</p> <p>Now I sit staring blankly At untied shoes For how long I don't know Remembering how I learned And where I was And know that it was you That taught me to</p> <p>Chorus For those still left alive Are we really livin' Or just trying to survive? I wish I could be forgiven For all the sins I hide Knotted up inside</p>	<p>Chorus For those still left alive Are we still livin' Or just trying to survive? Waitin' at the door of perdition For absolution to arrive Knotted up inside</p> <p>Verse 3 March the 9th Just a normal day Or so it seemed For number 9 A split second And you'd still be here Instead another call And more denial</p> <p>The little sister That I never had Your absence now is palpable An open scar (Just like her) The parallel incomprehensible So improbable Yet here we are</p> <p>Chorus For those still left alive Are we really livin' Or just trying to survive? We stood there so grief stricken Missing number 9 Knotted up inside</p>	<p>From that nightmare Where you feel yourself drown (You know the one) I want to wake up from reality But reality never sleeps I want to go back in time But causality Sows what you reap</p> <p>Verse 4 I haven't slept well for days Or weeks or months or years I can't be sure Ain't it strange How some moments drag While years just disappear In a blur</p> <p>We've been robbed Of our golden years Together here Growing old Now we're left With aging memories Unfinished stories Cut short and left untold</p>
<p>Verse 2 You were fine at the Seger show But we didn't know What lurked beneath Two days on you were diagnosed We sat so morose In stunned disbelief</p> <p>Two years to fight a demon inside A real demon Not Bible fiction Clinging to hope and denial Then 2-16 you were gone No benediction</p>	<p>Bridge Survivor guilt Weighs me down Like cement shoes Pulling me down I wish I could wake up From this dream</p>	<p>Chorus For those still left alive Are we really livin' Or just trying to survive? I wish I could feel I'm livin' And not just killing time For those still left alive Are we really livin' Or just trying to survive? I wish I could get on livin' Stop feeling paralyzed Knotted up inside</p>