

Help Me (She's Out Of Her Mind)

Stereophonics

You Gotta Go There To Come Back

Standard tuning

Moderate ♩ = 136

E-Gt

1.

f

T
A
B

0 3 5 3 0 | 3 5 X X 6 6 6 5 7 5 5

1.

3.

T
A
B

6 X 6 6 X 5 5 X X 5 5 5 (5)
5 X 5 5 5 X 4 4 X X 4 4 4 (4)
5 X 7 7 7 X 5 5 X X 5 5 5 (5) 0 3 5 3 0

2. Verse 1 and 2

6.

T
A
B

0 3 5 3 0 | 3 5 X X 6 6 6 6 X 6 6 6 X
X X 5 5 5 5 X 5 5 5 5 X
X X 7 7 7 5 5 X 7 7 7 X

9.

T
A
B

5 5 X X 5 5 (5) X X 6 6 6
4 4 X X 4 4 (4) X X 5 5 5
5 5 X X 5 5 (5) 0 3 5 3 0 3 5 X X 5 5 5

12

TAB

6	X	6	6	6	X	5	5	X	X	5	5	5	(5)
5	X	5	5	5	X	4	4	X	X	4	4	4	(4)
5	X	7	7	5	X	5	5	X	X	5	5	5	(5)

0 3 5 3 0 3 0

15

TAB

X	X	6	6	6	6	X	5	5	5	5	5	5	5
X	X	5	5	5	5	X	5	5	5	5	5	5	5
X	X	7	7	7	7	X	7	7	7	7	7	7	7

3 5

18

TAB

(5)	X	X	6	6	6	6	X	6	6	6	X	5	5
(4)	X	X	5	5	5	5	X	5	5	5	X	5	5
(5)	X	X	7	7	7	7	X	7	7	7	X	7	7

0 3 5 3 0 3 5

21

Chorus

TAB

5	5	X	X	5	5	5	(5)	0	0	0	0	0
4	4	X	X	4	4	4	(4)	0	0	0	0	0
5	5	X	X	5	5	5	(5)	7	7	7	7	7

0 3 5 3 0 3 0

24

TAB

(0)	0	0	0	0	0	0	0	0	0	0	0	0
(0)	0	0	0	0	0	0	0	0	0	0	0	0
(7)	7	7	7	7	7	7	7	7	7	7	7	7

(5) 5 5 5 5 5 5 4 4 4 4 (0) 0 0 0 0 0 0 0 0

27

TAB

0	0	0	0	(0)	3	3	(3)
0	0	0	0	(0)	2	2	(2)
5	5	5	5	(5)	0	0	(0)
3	3	3	3		0	0	

0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3

31

TAB

0	0	0	0	(0)	0	0	0	0	0	0	0
0	0	0	0	(0)	0	0	0	0	0	0	0
7	7	7	7	(7)	7	7	7	7	7	7	7
5	5	5	5	(5)	5	5	5	5	5	5	5

5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5 5-5

34

TAB

(0)	0	0	0	0	0	0	0	(0)	3	3
(0)	0	0	0	0	0	0	0	(0)	2	2
(7)	7	7	7	7	7	7	7	(7)	0	0
4	4	4	4	4	4	4	4	(4)	0	0

0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3

Interlude

1. 2.

38

TAB

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

0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3 0-3

41

TAB

10	10	10	10	10	10	7	7	7	7	7	7

10-10-10 10-10-10 7-7-7 7-7-7 7-7-7 7-7-7

44

TAB

10	10	10	10	10	10	10	10	10	10	10	7

10-10-10 10-10-10 10-10-10 10-10-10 7-7-7 7-7-7

Verse 3

47

1/2 1/2

(7) 11 9

TAB

X X 6 6 6 X 6 6 6 X
 X X 5 5 5 5 5 5 5 5 5
 X X 7 7 7 7 7 7 7 7 7

50

TAB

5 5 X X 5 5 5 (5) X X 6 6 6
 4 4 X X 4 4 4 (4) X X 5 5 5
 5 5 X X 5 5 5 (5) X X 7 7 7

53

TAB

6 X 6 6 6 X 5 5 X X 5 5 5 (5)
 5 X 5 5 5 X 4 4 X X 4 4 4 (4)
 5 X 7 7 7 X 5 5 X X 5 5 5 (5)

56

TAB

X X 6 6 6 6 X 5 5 X X 5 5 5
 X X 5 5 5 5 7 X 7 7 7 X 5 5
 X X 7 7 7 7 5 X 5 5 5 X 5 5

59

TAB

(5) X X 6 6 6 X 6 6 6 X
 (4) X X 5 5 5 5 5 5 5 5 5
 (5) X X 7 7 7 7 7 7 7 7 7

Chorus

62

TAB

12-10-8 10 8-5 7-7-5-7-5 7 5 (5) 5 (5) 4 5 (5)

68

TAB

3 5 (5) 2 2-3-4-5 3 5 5 (5) 4

75

TAB

5 (5) 3 5 (5) 2 (2)-0-3-5 3 0 3 0

Interlude

80

TAB

3-5-5-5-3-0 X-5-7-5-5 X-5-7-5-5 7-(7)

84

TAB

7 7 1/2 X-5-7-5-5 X-5-7-5-5 7-(7) 5 (5) 4 (4) 5 (5) 0-3-5 3-0 3-0

Verses 4, 5 and 6

88

TAB

3	5	X	X	6	6	6	6	6	X	5	5	X	X	5	5	5
		X	X	5	5	5	5	5	X	4	4	X	X	4	4	4
				5	5	5	5	5		5	5	X	X	5	5	5

91

TAB

(5)	0	3	5	3	0	3	5	X	X	6	6	6	6	X	5	5
(4)								X	X	5	5	5	5	X	5	5
(5)								X	X	7	7	7	7	X	7	7

94

TAB

5	5	X	X	5	5	5	(5)	0	3	5	3	0	3	5	X	X	6	6	6
4	4	X	X	4	4	4	(4)								X	X	5	5	5
5	5	X	X	5	5	5	(5)								X	X	7	7	7

97

TAB

6	X	6	6	6	X	5	5	X	X	5	5	5	(5)	0	3	5	3	0
5	X	5	5	5	X	4	4	X	X	4	4	4	(4)					
5	X	7	7	7	X	5	5	X	X	5	5	5	(5)					

100

TAB

3	5	X	X	6	6	6	6	X	5	5	X	X	5	5	7
		X	X	5	5	5	5	X	4	4	X	X	4	4	7
				5	5	5	5	X	5	5	X	X	5	5	7

1. 2. $3x$ + + o + o

mf f mf f

full full full full full full full full

3x 10 10 10 10 10 10 10 10

TAB (7) 6 5 4 3 2 1 (7) 10 10 10 10 10 10 10 10

Outro Solo + o

107

full full full

TAB 10-8 10-8-8 10-8 10-8-8 10-8 10-8-8

112

full

1/4

TAB 5 8-5 7 7 5 (5) (5) 10-8 10-8-8 8 7-5 7

+ o

117

full full

TAB 10-8 10-8-8 10-8 10-8-8 12 0-3 0-2 0-2 7 5

Musical notation for measures 122-125. The staff shows a melodic line with various ornaments (circles and crosses) and a guitar tab below with fret numbers: 7, 9, 8, 10, 8, 11, 10, 8, 10, 12, 14, (14), 15, 15.

Musical notation for measures 126-129. The staff shows a melodic line with ornaments and a guitar tab below with fret numbers: 5, 5, 5, 5, 5, 5, 5, 5, 7, 14, 13, 15, 15, 15, 15, 15, 15, 15, 15, 15, 15. Includes dynamic markings 'full' and '1/2'.

Musical notation for measures 130-133. The staff shows a melodic line with ornaments and a guitar tab below with fret numbers: 15, 15, 15, 15, 13, 13, 15, 15, 15, 15, 15, 20, 20, 20, 20, 17, 17, 20, (19). Includes dynamic markings 'mf' and 'full'.

Musical notation for measures 134-137. The staff shows a melodic line with ornaments and a guitar tab below with fret numbers: 20, 20, 20, 20, 17, 19, 19, 17, 19, 19, 19, 19, 17, 17. Includes dynamic markings 'f' and 'full'.

Musical notation for measures 140-143. The staff shows a melodic line with ornaments and a guitar tab below with fret numbers: (19), 0, 3, 0, 3, 0, 3, 0, 3, 5, 3, 0, 5, 3, 5, 0, 3, 5, 3, 0, 3, 0. Includes dynamic markings 'mf' and 'f', and the instruction 'Repeat til fade'.

143

Musical notation for measures 143-145. The key signature is two sharps (F# and C#). The notation consists of a treble clef staff with eighth and quarter notes, and a guitar TAB staff below it. The TAB staff shows fret numbers: 3-5, 3-0, 5-3, 5, 0-3, 5-3, 0, 3-0, 3-5, 3-0, 5-3, 5.

146

Musical notation for measures 146-148. The key signature is two sharps (F# and C#). The notation consists of a treble clef staff with eighth and quarter notes, and a guitar TAB staff below it. The TAB staff shows fret numbers: 0-3, 5-3, 0, 3-0, 3-5, 3-0, 5-3, 5, 0-3, 5-3, 0, 3-0.

149

Musical notation for measures 149-151. The key signature is two sharps (F# and C#). The notation consists of a treble clef staff with eighth and quarter notes, and a guitar TAB staff below it. The TAB staff shows fret numbers: 3-5, 3-0, 5-3, 5, 0-3, 5-3, 0, 3-0, 3-5, 3-0, 5-3, 5.

152

Musical notation for measures 152-154. The key signature is two sharps (F# and C#). The notation consists of a treble clef staff with eighth and quarter notes, and a guitar TAB staff below it. The TAB staff shows fret numbers: 0-3, 5-3, 0, 3-0, 3-5, 3-0, 5-3, 5, 0-3, 5-3, 0, 3-0.

155

Musical notation for measures 155-157. The key signature is two sharps (F# and C#). The notation consists of a treble clef staff with eighth and quarter notes, and a guitar TAB staff below it. The TAB staff shows fret numbers: 3-5, 3-0, 5-3, 5, 0-3, 5-3, 0, 3-0.