

The Hell That Is My Life

live
Zebrahead
Playmate of the Year

Words & Music by Zebrahead

Standard tuning

Moderate ♩ = 90

Intro

E-Gt

T
A
B

9
9
7

5

T
A
B

9 9 9 9 9 9 9 9 11 4 4 4 4 4 4 4 4 6
9 9 9 9 9 9 9 9 11 4 4 4 4 4 4 4 4 6
7 7 7 7 7 7 7 7 9 2 2 2 2 2 2 2 2 4

7

Verse

T
A
B

7 7 7 7 7 7 7 9 7 7 7 7 7 7 9 9 9 9 9
7 7 7 7 7 7 7 9 7 7 7 7 7 7 9 9 9 9 9
5 5 5 5 5 5 5 7 5 5 5 5 5 5 7 7 7 7 7

12

T
A
B

14 13 12 14 13 14 13 14 13 14 13 14

14

T
A
B

9 11 12 9 11 12 9 11 12 9 11 12

15

T
A
B

12 13 14 12 13 14 12 13 14 12 13 14 12 13 14 13

16

T
A
B

13-14 13-14 13-14 13-14 13-14-13

9-9 9-9-9 9-9-9 9-9-9 11
9-9 9-9-9 9-9-9 9-9-9 11
7-7 7-7-7 7-7-7 7-7-7 9

18

T
A
B

4-4 4-4-4 4-4-4 4-4-4 4-4-6 7-7 7-7-7 7-7-7 7-7-9
4-4 4-4-4 4-4-4 4-4-4 4-4-6 7-7 7-7-7 7-7-7 7-7-9
2-2 2-2-2 2-2-2 2-2-2 2-2-4 5-5 5-5-5 5-5-5 5-5-7

20

T
A
B

7-7 7-7 7-7 7-7 7-7 7-7 7-7 7-7 7-7 7-7 7-7 7-7

Chorus

21

T
A
B

4-4 4-4 4-4 4-4 4-4 4-4 4-4 4-4 6-6 6-6 6-6 6-6 6-6 6-6 6-6 6-6
4-4 4-4 4-4 4-4 4-4 4-4 4-4 4-4 6-6 6-6 6-6 6-6 6-6 6-6 6-6 6-6
2-2 2-2 2-2 2-2 2-2 2-2 2-2 2-2 4-4 4-4 4-4 4-4 4-4 4-4 4-4 4-4

22

T
A
B

4-4 4-4 4-4 4-4 4-4 4-4 4-4 4-4 2-2 2-2 2-2 2-2 2-2 2-2 2-2 2-2
4-4 4-4 4-4 4-4 4-4 4-4 4-4 4-4 2-2 2-2 2-2 2-2 2-2 2-2 2-2 2-2
2-2 2-2 2-2 2-2 2-2 2-2 2-2 2-2 0-0 0-0 0-0 0-0 0-0 0-0 0-0 0-0

23

TAB 4 4 4 4 4 4 4 4 4 6 6 6 6 6 6 6 6
2 2 2 2 2 2 2 2 2 6 6 6 6 6 6 6 6
4 4 4 4 4 4 4 4

24

TAB 4 4 4 4 4 4 4 4 2 2 2 2 2 2 2 2 4 4 4 4 4 4 4 4
2 2 2 2 2 2 2 2 0 0 0 0 0 0 0 0 2 2 2 2 2 2 2 2

Intro
26

TAB 9 9 9 9 9 9 9 9 11 4 4 4 4 4 4 4 4 6
9 9 9 9 9 9 9 9 11 4 4 4 4 4 4 4 4 6
7 7 7 7 7 7 7 7 9 2 2 2 2 2 2 2 2 4

Verse
28

TAB 7 7 7 7 7 7 7 9 7 7 7 7 7 7 7 9 9 (9) (9)
7 7 7 7 7 7 7 9 7 7 7 7 7 7 7 9 9 (9)
5 5 5 5 5 5 7 7 5 5 5 5 5 5 7 7 (7) (7)

33

TAB 14 13 12 13 12 13 12 13 12 13 12
14 13 14 13 14 13 14 13 14 13 14

35

TAB 9 11 12 9 11 12 9 11 12 9 11 12
9 11 9 11 9 11 9 11 9 11 9

36

T
A
B

12 13 14 12 13 14 12 13 14 12 13 14 12 13 14 13

Detailed description: This block contains the musical notation for measure 36. It features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of quarter notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines. The fret numbers are 12, 13, 14, 12, 13, 14, 12, 13, 14, 12, 13, 14, 12, 13, 14, 13.

37

T
A
B

13-14 13-14 13-14 13-14 13-14-13 | 9-9 9-9-9 9-9-9 9-9 11
12 12 12 12 12 | 7-7 7-7-7 7-7-7 7-7-7 7-7 9

Detailed description: This block contains the musical notation for measure 37. It features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of quarter notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3. The second half of the measure contains a complex rhythmic pattern with triplets and sixteenth notes. Below the staff is a guitar tablature with six lines. The fret numbers are 13-14, 13-14, 13-14, 13-14, 13-14-13, 9-9, 9-9-9, 9-9-9, 9-9, 11, 7-7, 7-7-7, 7-7-7, 7-7-7, 7-7, 9.

39

T
A
B

4-4 4-4-4 4-4-4 4-4-4 4-4-4 6 | 7-7 7-7-7 7-7-7 7-7-7 7-7-9
4-4 2-2 2-2-2 2-2-2 2-2-2 4 | 5-5 5-5-5 5-5-5 5-5-5 5-5-7

Detailed description: This block contains the musical notation for measure 39. It features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of quarter notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines. The fret numbers are 4-4, 4-4-4, 4-4-4, 4-4-4, 4-4-4, 6, 7-7, 7-7-7, 7-7-7, 7-7-7, 7-7-9, 4-4, 2-2, 2-2-2, 2-2-2, 2-2-2, 4, 5-5, 5-5-5, 5-5-5, 5-5-5, 5-5-7.

41

T
A
B

7-7 7-7 7-7 7-7 7-7 7-7 9
7-7 7-7 7-7 7-7 7-7 7-7 9
5-5 5-5 5-5 5-5 5-5 5-5 7

Detailed description: This block contains the musical notation for measure 41. It features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of quarter notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines. The fret numbers are 7-7, 7-7, 7-7, 7-7, 7-7, 7-7, 9, 7-7, 7-7, 7-7, 7-7, 7-7, 9, 5-5, 5-5, 5-5, 5-5, 5-5, 5-5, 7.

Chorus

42

T
A
B

4-4 4-4 4-4 4-4 4-4 4-4 4-4 6 6 6 6 6 6 6 6
4-4 2-2 2-2 2-2 2-2 2-2 2-2 6 6 6 6 6 6 6 6
2-2 2-2 2-2 2-2 2-2 2-2 2-2 4 4 4 4 4 4 4 4

Detailed description: This block contains the musical notation for measure 42. It features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of quarter notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines. The fret numbers are 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 6, 6, 6, 6, 6, 6, 6, 6, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 2-2, 2-2, 2-2, 2-2, 2-2, 2-2, 2-2, 6, 6, 6, 6, 6, 6, 6, 6, 4, 4, 4, 4, 4, 4, 4, 4.

43

T
A
B

4-4 4-4 4-4 4-4 4-4 4-4 4-4 2 2 2 2 2 2 2 2
4-4 2-2 2-2 2-2 2-2 2-2 2-2 0 0 0 0 0 0 0 0
2-2 2-2 2-2 2-2 2-2 2-2 2-2 0 0 0 0 0 0 0 0

Detailed description: This block contains the musical notation for measure 43. It features a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The melody consists of quarter notes: F#4, G4, A4, B4, C5, B4, A4, G4, F#4, E4, D4, C4, B3, A3, G3, F#3. Below the staff is a guitar tablature with six lines. The fret numbers are 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 2, 2, 2, 2, 2, 2, 2, 2, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 4-4, 0, 0, 0, 0, 0, 0, 0, 0, 2-2, 2-2, 2-2, 2-2, 2-2, 2-2, 2-2, 0, 0, 0, 0, 0, 0, 0, 0.

44

TAB

4	4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6
4	4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6
2	2	2	2	2	2	2	2	2	4	4	4	4	4	4	4	4

45

TAB

4	4	4	4	4	4	4	4	2	2	2	2	2	2	2	2	2	4
4	4	4	4	4	4	4	4	2	2	2	2	2	2	2	2	2	4
2	2	2	2	2	2	2	2	0	0	0	0	0	0	0	0	0	2

Solo

47

TAB

7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	9	4	5	4	7	4	5	4	9	4	5	4
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48

TAB

7	4	5	4	9	4	5	4	7	4	5	4	9	4	5	4	10	4	5	4	9	4	5	4	7	4	5	4	9	4	5	4
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	----	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

49

TAB

7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	7	4	5	4	7	0
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

50

TAB

9	4	5	7	5	4	9	4	5	10	4	5	9	4	5	10	5	4	12	4	5	10	4	5	12	5	4	14	5	4	12	4	5	14	4	5
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51

TAB: 16 $\frac{1}{4}$ 14 17 16 16 16 14 13 14 16 14 13

52

TAB: 14 13 14 16 full 14 9 10 9 9 10 9 12 12 12 12 12 full 12 10 9 12 12 12 12 full 12 11 9

54 **Bridge**

TAB: 11 9 9 10 9 11 full 9 9 13 12 13 11 6 9 7 9 9

58

TAB: 9 9 9 9 9 9 9 9 11 4 4 4 4 4 4 4 4 6
 9 9 9 9 9 9 9 9 11 4 4 4 4 4 4 4 4 6
 7 7 7 7 7 7 7 7 9 2 2 2 2 2 2 2 2 4

61

TAB: 7 7 7 7 7 7 7 9 7 7 7 7 7 7 7 7 7
 7 7 7 7 7 7 7 9 7 7 7 7 7 7 7 7 7
 5 5 5 5 5 5 5 7 5 5 5 5 5 5 5 5 5

Final chorus

63

Musical notation for measure 63, featuring a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The notation consists of a single staff with a series of chords. The first four measures contain a G4-G#4-A4-B4 chord, and the last four measures contain a G#4-A4-B4-C5 chord. Below the staff is a guitar tablature with two lines. The first line contains the numbers 4, 4, 4, 4, 4, 4, 4, 4, 6, 6, 6, 6, 6, 6, 6, 6. The second line contains the numbers 2, 2, 2, 2, 2, 2, 2, 2, 4, 4, 4, 4, 4, 4, 4, 4.

T
A
B

4 4 4 4 4 4 4 4 6 6 6 6 6 6 6 6
2 2 2 2 2 2 2 2 4 4 4 4 4 4 4 4

64

Musical notation for measure 64, featuring a treble clef, a key signature of two sharps (F#, C#), and a 4/4 time signature. The notation consists of a single staff with a series of chords. The first four measures contain a G#4-A4-B4-C5 chord, and the last four measures contain a G#4-A4-B4-C5 chord. Below the staff is a guitar tablature with two lines. The first line contains the numbers 4, 4, 4, 4, 4, 4, 4, 4, 2, 2, 2, 2, 2, 2, 2, 2. The second line contains the numbers 2, 2, 2, 2, 2, 2, 2, 2, 0, 0, 0, 0, 0, 0, 0, 0.

T
A
B

4 4 4 4 4 4 4 4 2 2 2 2 2 2 2 2
2 2 2 2 2 2 2 2 0 0 0 0 0 0 0 0

65

Musical notation for measure 65, featuring a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The notation consists of a single staff with a series of chords. The first four measures contain a G4-G#4-A4-B4 chord, and the last four measures contain a G#4-A4-B4-C5 chord. Below the staff is a guitar tablature with two lines. The first line contains the numbers 4, 4, 4, 4, 4, 4, 4, 4, 6, 6, 6, 6, 6, 6, 6, 6. The second line contains the numbers 2, 2, 2, 2, 2, 2, 2, 2, 4, 4, 4, 4, 4, 4, 4, 4.

T
A
B

4 4 4 4 4 4 4 4 6 6 6 6 6 6 6 6
2 2 2 2 2 2 2 2 4 4 4 4 4 4 4 4

66

Musical notation for measure 66, featuring a treble clef, a key signature of two sharps (F#, C#), and a 4/4 time signature. The notation consists of a single staff with a series of chords. The first four measures contain a G#4-A4-B4-C5 chord, and the last four measures contain a G#4-A4-B4-C5 chord. Below the staff is a guitar tablature with two lines. The first line contains the numbers 4, 4, 4, 4, 4, 4, 4, 4, 2, 2, 2, 2, 2, 2, 2, 2. The second line contains the numbers 2, 2, 2, 2, 2, 2, 2, 2, 0, 0, 0, 0, 0, 0, 0, 0.

T
A
B

4 4 4 4 4 4 4 4 2 2 2 2 2 2 2 2
2 2 2 2 2 2 2 2 0 0 0 0 0 0 0 0

67

Musical notation for measure 67, featuring a treble clef, a key signature of one sharp (F#), and a 4/4 time signature. The notation consists of a single staff with a series of chords. The first four measures contain a G4-G#4-A4-B4 chord, and the last four measures contain a G#4-A4-B4-C5 chord. Below the staff is a guitar tablature with two lines. The first line contains the numbers 4, 4, 4, 4, 4, 4, 4, 4, 6, 6, 6, 6, 6, 6, 6, 6. The second line contains the numbers 2, 2, 2, 2, 2, 2, 2, 2, 4, 4, 4, 4, 4, 4, 4, 4.

T
A
B

4 4 4 4 4 4 4 4 6 6 6 6 6 6 6 6
2 2 2 2 2 2 2 2 4 4 4 4 4 4 4 4

68

Musical notation for measure 68, featuring a treble clef, a key signature of two sharps (F#, C#), and a 4/4 time signature. The notation consists of a single staff with a series of chords. The first four measures contain a G#4-A4-B4-C5 chord, and the last four measures contain a G#4-A4-B4-C5 chord. Below the staff is a guitar tablature with two lines. The first line contains the numbers 4, 4, 4, 4, 4, 4, 4, 4, 2, 2, 2, 2, 2, 2, 2, 2. The second line contains the numbers 2, 2, 2, 2, 2, 2, 2, 2, 0, 0, 0, 0, 0, 0, 0, 0.

T
A
B

4 4 4 4 4 4 4 4 2 2 2 2 2 2 2 2
2 2 2 2 2 2 2 2 0 0 0 0 0 0 0 0

69

TAB

4	4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6
4	4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6
2	2	2	2	2	2	2	2	2	4	4	4	4	4	4	4	4

70

TAB

4	4	4	4	4	4	4	4	2	2	2	2	2	2	2	2	2
4	4	4	4	4	4	4	4	2	2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	2	0	0	0	0	0	0	0	0	0

71

TAB

4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6	6
4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6	6
2	2	2	2	2	2	2	2	4	4	4	4	4	4	4	4	4

72

TAB

4-4	4-4	4-4	4-4	4-4	4-4	4-5	2	4	(4)
4-4	4-4	4-4	4-4	4-4	4-5	0	2	4	(4)
2-2	2-2	2-2	2-2	2-2	2-3	(3)		2	(2)
									(3)