

# Helpless

Metallica  
Garage Inc

Standard tuning

♩ = 154

**Intro**

S-Gt

T  
A  
B

7

T  
A  
B

**Verse 1**

13

T  
A  
B

17

T  
A  
B

21

T  
A  
B

25

TAB

**Pre - Chorus**  
29

TAB

32

TAB

**Chorus**  
35

TAB

**Bridge**  
40

TAB

**Verse 2**  
48

TAB

51

TAB

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

55

TAB

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

59

TAB

2-0 5-2-2-0-0-2-2-0-2 2-2-0-2

Pre - Chorus

63

TAB

2 2-2-2-2-2-0 3-3-3-0-0-3

67

TAB

0-0-0-0-0-0 5-2-0-2-0-2 0-0-0-0-2

Chorus

70

TAB

3-3-3-0-0-3 2-2-2-2-0-2 2-0-2 5-4

74

T  
A  
B

**Bridge**  
81

T  
A  
B

**Interlude (part 1)**  
88

T  
A  
B

94

T  
A  
B

100

T  
A  
B

106

T  
A  
B

112

T  
A  
B

### Interlude (part 2)

117

Musical notation for measures 117-123. The staff shows a series of quarter notes with stems pointing up, each followed by a dotted quarter note with a stem pointing down. The key signature has one sharp (F#).

T  
A  
B

124

Musical notation for measures 124-130. The staff shows a series of quarter notes with stems pointing up, each followed by a dotted quarter note with a stem pointing down. The key signature has one sharp (F#).

T  
A  
B

### Bridge

131

Musical notation for measures 131-134. Measures 131-133 are quarter notes with stems up, followed by dotted quarter notes with stems down. Measure 134 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. The key signature has one sharp (F#).

T  
A  
B

2—2—2—0—0—2

135

Musical notation for measures 135-136. Measure 135 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. Measure 136 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. The key signature has one sharp (F#).

T  
A  
B

0—2—2—2—5—4—4—2 2—2—2—2—2—0—(2)—2

137

Musical notation for measures 137-138. Measure 137 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. Measure 138 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. The key signature has one sharp (F#).

T  
A  
B

0—2—0—2—0—2 2—2—2—0—0

139

Musical notation for measures 139-140. Measure 139 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. Measure 140 is a quarter note with a stem up, followed by a dotted quarter note with a stem down, and a quarter note with a stem up. The key signature has one sharp (F#).

T  
A  
B

2—2—2—(2)—2—5—4—4—(2) 2—2—2—0—(2)

141

T  
A  
B

$\text{♩} = 154 \text{ rall.} - \text{♩} = 140$   $\text{♩} = 154$

144

T  
A  
B

**Bridge**

151

T  
A  
B

156

T  
A  
B

158

T  
A  
B

160

T  
A  
B

162

T  
A  
B

167

$\text{♩} = 154 \text{ rall.} - \text{♩} = 140$        $\text{♩} = 154$

T  
A  
B

172

T  
A  
B

179

**Solo**

T  
A  
B

186

T  
A  
B

193

T  
A  
B

200

T  
A  
B

207

$\text{♩} = 150 \text{ } \frac{7}{4} = 140$

T  
A  
B

213

T  
A  
B

$\text{♩} = 145$

220

T  
A  
B

227

T  
A  
B