

It's Been A While

Staind
Break the Cycle

Words & Music by Staind

User Defined
①= A# ④= G#
②= F# ⑤= C#
③= C# ⑥= G#

♩ = 58

E-Gt

The first system of music is in 4/4 time and begins with a repeat sign. The guitar part is written in E major (one sharp). The notation includes a treble clef, a key signature of one sharp (F#), and a dynamic marking of *f*. The melody consists of eighth and quarter notes. The guitar tab below shows fret numbers: 12, 14, 12, 0, 9, 10, 0, 10, 10, 9, 10.

2

The second system continues the melody. The guitar tab shows fret numbers: 4, 0, 4, 0, 4, 5, 0, 7, 5, 7, 7, 5, 5, 7.

3

The third system continues the melody. The guitar tab shows fret numbers: 12, 14, 12, 0, 9, 0, 10, 9, 10.

4

The fourth system continues the melody. The guitar tab shows fret numbers: 4, 0, 4, 0, 4, 5, 0, 7, 5, 7, 7, 5, 5, 7.

Verse 1

5

TAB 12 14 12 0 0 9 0 10 9 10

TAB 14 14 0 0 10 10

6

TAB 4 0 4 0 4 5 0 7 5 7 7 5 5 7

TAB 5 5

7

TAB 12 14 12 0 0 9 0 10 9 10

TAB 14 14 0 0 10 10

8

TAB 4 0 4 0 4 5 0 7 5 7 7 5 5 7

TAB 5 5

9

TAB 12 14 12 0 0 9 0 10 9 10

TAB 14 14 0 0 10 10

10

T
A
B

11

T
A
B

12

Chorus

T
A
B

14

T
A
B

16

T
A
B

18

T
A
B

5 5 0 0 0 12 12 0 14 14 0 5 5 0

20

T
A
B

5 5 0 0

Verse 2

21

T
A
B

12 14 12 0 9 10 10 10 0 10 9 10

22

T
A
B

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

23

T
A
B

12 14 12 0 9 10 10 10 0 10 9 10

24

T
A
B

25

T
A
B

26

T
A
B

27

T
A
B

28

Chorus

T
A
B

30

T
A
B

5 5 0 0 0 12 12 0 14 14 0 5 5 0

5 5 0 0 0 12 12 0 12 12 0 3 3 0

32

T
A
B

5 5 0 0 0 12 12 0 14 14 0 5 5 0

5 5 0 0 0 12 12 0 12 12 0 3 3 0

34

T
A
B

5 5 0 0 0 12 12 0 14 14 0 5 5 0

5 5 0 0 0 12 12 0 12 12 0 3 3 0

36

Bridge

T
A
B

5 5 X-0 0 0 0 5 5 7 5 0 0 0 2 0 0

5 5 X-0 0 0 0 5 5 5 0 0 0 0 0 0

38

T
A
B

7 7 0 5 7 0 5 0 4 3x 7 7 0

0 0 0 5 7 0 5 0 4 3x 7 7 0

Verse 3

Musical notation for measures 40-41. The top staff shows a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody consists of eighth and quarter notes. The bottom staff shows guitar tablature with fret numbers 12, 14, 12, 0, 0, 9, 0, 10, 9, 10.

Musical notation for measures 42-43. The top staff shows a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody consists of eighth and quarter notes. The bottom staff shows guitar tablature with fret numbers 4, 0, 4, 0, 4, 5, 0, 7, 5, 7, 7, 5, 5, 7.

Musical notation for measures 44-45. The top staff shows a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody consists of eighth and quarter notes. The bottom staff shows guitar tablature with fret numbers 12, 14, 12, 0, 0, 9, 0, 10, 9, 10.

Musical notation for measures 46-47. The top staff shows a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody consists of eighth and quarter notes. The bottom staff shows guitar tablature with fret numbers 4, 0, 4, 0, 4, 5, 0, 7, 5, 7, 7, 5, 5, 7.

Musical notation for measures 48-49. The top staff shows a treble clef with a key signature of two sharps (F# and C#) and a 4/4 time signature. The melody consists of eighth and quarter notes. The bottom staff shows guitar tablature with fret numbers 12, 14, 12, 0, 0, 9, 0, 10, 9, 10.

45

T
A
B

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

46

T
A
B

12 14 12 0 0 9 10 10 10 9 10

47

Chorus

T
A
B

4 5 0 4 0 4 5 0 7 5 7 7 5 5 7 14 12 14 0 5 5 0

49

T
A
B

5 5 0 0 0 12 12 0 14 12 0 5 5 0

51

T
A
B

5 5 0 0 0 12 12 0 14 12 0 5 5 0

53

T
A
B

5 5 0 0 0 12 12 0 14 14 0 5 5 0

55

T
A
B

5 5 5 5 0 0 0 0 0 0 0 0

56

T
A
B

12 14 12 0 9 0 10 9 10 10

14 14 0 0 10 10

57

T
A
B

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

5 5 0 7 5 7 5 7

58

T
A
B

12 14 12 0 9 0 10 9 10 0 4 5 5

14 14 0 0 10 10 10 5