

# 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 melody consists of eighth notes and quarter notes. The bass line is a simple eighth-note accompaniment. The first measure is marked with a forte 'f' dynamic. The system includes a guitar staff with a treble clef and a TAB staff with fret numbers.

TAB: 12 14 12 0 9 0 10 9 10

TAB: 14 14 0 0 10 10

2

The second system continues the melody and bass line. It features a mix of eighth and quarter notes. The TAB staff shows fret numbers for both the treble and bass strings.

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

TAB: 5 5 0 7 7 7 5 7

3

The third system continues the piece. The melody and bass line are consistent with the previous systems. The TAB staff provides the fretting for the guitar part.

TAB: 12 14 12 0 9 0 10 9 10

TAB: 14 14 0 0 10 10

4

The fourth system concludes the piece. It features the same melodic and bass line patterns as the previous systems. The TAB staff shows the final fretting for the guitar part.

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

TAB: 5 5 0 7 7 7 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

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

11

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

12

Chorus

TAB 4 0 4 0 4 5 0 7 5 7 7 5 5 7 14 14 0 5 5 0 12 12 0 3 3 0

14

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

16

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

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

TAB

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

TAB

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

TAB

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

TAB

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

38

Bridge

TAB

7	7	0	5	7	5	0	4	5	5	7	0	0	0	2
0	0							5	5	5	0	0	0	0

40 Bridge

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

42

TAB 0 5 7 5 0 4 | 7 7 0

Verse 3

44

TAB 12 14 12 0 0 9 10 10 10 9 10 | 14 14 0 0 10 10 10

45

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

46

TAB 12 14 12 0 0 9 10 10 10 9 10 | 14 14 0 0 10 10 10

47

T  
A  
B

48

T  
A  
B

49

T  
A  
B

50

T  
A  
B

51

Chorus

T  
A  
B



53

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

55

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

57

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

59

TAB 5 5 5 5 0 0 0 0 0 0 0

60

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

61

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

62

**T** ————— 12 ————— 14 ————— 12 ————— 9 — 0 ————— 10 ————— 9 ————— 0  
**A** ————— 14 ————— 14 ————— 0 ————— 10 ————— 10 ————— 9 ————— 10 ————— 4  
**B** ————— 0 ————— 0 ————— 0 ————— 10 ————— 10 ————— 10 ————— 5