

# Reality In Routine

Lower Lands  
Growing Pains

Words & Music by Lower Lands

Ben Gtr  
Dropped D  
⑥=D

Paul Gtr  
Standard tuning

♩ = 170

**Intro**

1-3. 4.

B-Gtr

*mf* P.M.-----

TAB

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

P-Gtr

*mf*

TAB

			10 10 10-8-8-8-8
			9-9-9-9-9-9-9
			10 10

5

TAB

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

TAB

8-8-8-8-8-8-8	8-8-10-12-12-12-12	12-12-12-12-12-12-12	10-10-10-8-8-8-8
9-9-9-9-9-9-9	9-9-10-9-9-9-9	9-9-9-9-9-9-9	9-9-9-9-9-9-9
10-10-10-10-10-10-10			10-10

9

B-Gtr

TAB

5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	
0 3 3 3 2 2 2 2	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	

P-Gtr

TAB

8 8 8 8 8 8 8 8	12 12 10 8 8 8 8	8 8 8 8 8 8 8 8	0 0 0 0 0 0 0 0
9 9 9 9 9 9 9 9	8 8 8 8 8 8 8 8	8 8 8 8 8 8 8 8	0 0 0 0 0 0 0 0
10 10 10 10 10 10 10 10	9 9 10 9 9 9 9 9	9 9 9 9 9 9 9 9	5 5 5 5 5 5 5 5
			3 3 3 3 3 3 3 3

Verse

13

P.M. -| P.M. - - - - -| P.M. -| P.M. - - - - -|

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 0 0 0 0
5 5 5 7	(7) 7 7 7 7 7 7 7 7	7 7 7 7 2 2 2 3	(3) 3 3 3 3 3 3 3 3

TAB

8 8 8	6 6	5	(5)
9 9 9	5 5	5	(5)
10 10 10	7 7	5	(5)
	8 8	0	(0)

17

P.M. - - - - -| P.M. -| P.M. - - - - -| P.M. -| P.M. - - - - -|

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) 0 0 0 0 0 0 0 0
3 3 3 3 5 5 5 7	(7) 7 7 7 7 7 7 7 7	7 7 7 7 2 2 2 3	(3) 3 3 3 3 3 3 3 3

TAB


21

B-Gtr

P.M.-----|

TAB

0	0	0	0	0	0	0	(0)	0	0	0	1	(1)	1	0	1
3	3	3	3	5	5	7	7	7	7	2	2	2	2	2	2

P-Gtr

TAB

6	6	5	(5)	5	5	5	5	5	5	8	8	5	(5)	5	5	5	5	5
5	5	5	(5)	5	5	5	5	5	5	7	7	5	(5)	5	5	5	5	5
7	7	5	(5)	5	5	5	5	5	5	9	9	7	(7)	7	7	7	7	7
8	8	0	(0)	0	0	0	0	0	0	7	7	5	(5)	5	5	5	5	5

25

TAB

(1)	0	1	0	0	(0)	0	0	0	0	(0)	0	0	1	(1)	0	1	0	1
2	2	7	7	7	7	7	7	7	7	7	7	2	2	2	2	2	2	2

TAB

5	5	5	6	6	5	(5)	5	5	5	5	5	5	8	8	5	(5)	5	5	5	5	5
5	5	5	5	5	5	(5)	5	5	5	5	5	5	7	7	5	(5)	5	5	5	5	5
7	7	7	7	7	5	(5)	5	5	5	5	5	5	9	9	7	(7)	7	7	7	7	7
5	5	5	8	8	0	(0)	0	0	0	0	0	0	7	7	5	(5)	5	5	5	5	5

Pre-Chorus

1.

29

TAB

(1)	0	1	0	2	0	7	7	7	7	10	10	10	10	10	10	10	10	10	10	10	10	5
2	2	7	7	7	7	7	7	7	7	10	10	10	10	10	10	10	10	10	10	10	10	3

TAB

5	5	5	5	5	5	5	5	5	5	8	5	10	12	12	12	12	12	12	12	12	12	10	0	1	3	0	3	1
5	5	5	5	5	5	5	5	5	5	7	5	10	12	12	12	12	12	12	12	12	12	10	3	0	3	0	3	1
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
5	5	5	5	5	5	5	5	5	5	7	5	10	12	12	12	12	12	12	12	12	12	10	3	0	3	0	3	1

33 2. Chorus

B-Gtr

TAB (5) (3) 3 5 6 6 6 5 5 5 5 5 5 5 5

P-Gtr

TAB (1) 3 1 2 1 0 0 0 10 10 10 8 8 8 8 8

TAB 3 6 6 6 2 2 2 3 3 3 0 0 9 9 9 9 9 9 9 10 10

37

TAB 5

TAB 0 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

TAB 8

TAB 10 10 10 10 10 10 10 10 8 8 8 8 8 8 8 8 8 8 8 8 8 8

41

TAB 5

TAB 0 3 3 3 2 2 2 2 5 5 5 5 5 5 5 5 5 5 5 5 5 5

TAB 8

TAB 10 10 10 10 10 10 10 10 12 12 10 8 8 8 8 8 8 8 8 8 8 8

let ring -----

TAB 0 5 0 0 5

TAB 5 5

45

B-Gtr

TAB

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
0 3 3 3 2 2 2 2	2 2 2 3 3 3 0 0	0 3 3 3 2 2 2 2	2 2 2 3 3 3 0 0

P-Gtr

*let ring* ----- |

TAB

0 0 3 3 5 3	0 5 0 0 5	0 0 3 3 5 3	0 5 0 0 5
	5 5		5 5

Verse 2

49

TAB

5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	7 7 7 7 7 7 7 7
0 3 3 3 2 2 2 2	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	7 7 7 7 7 7 7 7

P.M. ----- |

P-Gtr

*let ring* ----- |

TAB

0 0 3 3 5 3	7 7 7 7 7 7 7 7	7 7 7 7 6 6 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
	5 5 5 5 5 5 5 5	5 5 5 5 8 8 0 0	(5) 5 5 5 5 5 5 5 5
			(7) 7 7 7 7 7 7 7 7
			(7) 7 7 7 7 7 7 7 7
			(0) 0 0 0 0 0 0 0 0

P.M. ----- |

53

B-Gtr

P.M.-----| P.M.-----| P.M.-----|

TAB

0 0 0 0 0 0 0	(0) 0 0 0 0 0 0 0	0 0 0 0 0 0 0	7 0 0 0 0 0 0
7-7-7-7-2-2-3	(3)-3-3-3-3-3-3-3	3-3-3-3-5-5-7	7-7-7-7-7-7-7-7

P-Gtr

P.M.-----| P.M.-----| P.M.-----|

TAB

5 5 5 5 8 8 5	(5) 5 5 5 5 5 5 5	5 5 5 5 6 6 5	(5) 5 5 5 5 5 5 5
5 5 5 5 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 9 9 7	(7) 7 7 7 7 7 7 7	7 7 7 7 7 7 7	(5) 5 5 5 5 5 5 5
0 0 0 0 7 7 5	(5) 5 5 5 5 5 5 5	5 5 5 5 8 8 0	(0) 0 0 0 0 0 0 0

57

P.M.-----|

TAB

0 0 0 0 0 0 0	0	0	0 0 0	(0) 0 0 0
7-7-7-7-2-2-2	2	2	5 5 7	(7) 7 0 7

P-Gtr

P.M.-----|

TAB

5 5 5 5 8 8 5	5	5	6 6 5	(5) 5 5 5 5 5 5
5 5 5 5 7 7 5	5	5	5 5 5	(5) 5 5 5 5 5 5
5 5 5 5 9 9 7	7	7	7 7 7	(5) 5 5 5 5 5 5
0 0 0 0 7 7 5	5	5	8 8 0	(0) 0 0 0 0 0 0

61

TAB

(0) 0 0 1	(1) 0 1 1	(1) 0 1 0	(0) 0 0 0
0 7 0 2	0 2 0 2	0 2 0 7	0 7 0 7

P-Gtr

TAB

5 5 5 8 8 5	(5) 5 5 5 5 5 5	5 5 5 6 6 5	(5) 5 5 5 5 5 5
5 5 5 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 9 9 7	(7) 7 7 7 7 7 7	7 7 7 7 7 7	(5) 5 5 5 5 5 5
0 0 0 7 7 5	(5) 5 5 5 5 5 5	5 5 5 8 8 0	(0) 0 0 0 0 0 0

Pre-Chorus 2

**B-Gtr**

65

TAB: (0) 0 0 0 1 | (1) 0 1 0 1 | (1) 0 1 0 2 0

P.M.-----+

**P-Gtr**

TAB: 5 5 5 8 8 5 | (5) 5 5 5 5 5 | 5 5 5 5 5 5 | 5 5 5 5 5 5

P.M.-----+

69

1. 2.

P.M.-----+ P.M.-| P.M.-----+ P.M.-----+ P.M.-| P.M.-----+

TAB: 10-10-10-10-10 10-10 | 5 3 3 3 3 3 | 3 3 3 3 3 3 | 5 3 3 3 3 3

P.M.-----+ P.M.-| P.M.-----+ P.M.-----+ P.M.-----+

TAB: 12-12-12-12-12 12-12 | 1 1 1 1 1 1 | 1 1 1 1 3-1 | 1 1 1 1 1 1

10-10-10-10-10 10-10 | 3 3 3 3 3 3 | 3 3 3 3 2 | 3 3 3 3 3 3

Other choruses same as the first.

### Bridge

**B-Gtr**

**TAB**

6	6	6	6	6	6	6	6								
6	6	6	6	6	6	6	6					2	2	2	3
6	6	6	6	6	6	6	6					2	2	2	3

**P-Gtr**

let ring -----|

**TAB**

0	0	0	0	0	0	0	0								
6	5	0	5									5	5	5	5
6	5	0	5									5	5	5	5

Other choruses same as the first.

**TAB**

5	5	5	5	5	5	5	5	7	7	7	7	7	7	7	7	5	5	5	5	5	5	5	5
3	3	3	3	3	3	3	3	7	7	7	7	7	7	7	7	3	3	3	3	3	3	3	3
5	5	5	5	5	5	5	5	7	7	7	7	7	7	7	7	5	5	5	5	5	5	5	5

**P-Gtr**

let ring -----|

**TAB**

9	9	9	9	9	9	9	9	8	12	8	12	8	12	10	13	10	13	10	13	12	12	12	12	12	12	12	12
7	7	7	7	7	7	7	7	9	9	9	9	9	9	12	12	12	12	12	12	9	9	9	9	9	9	9	9
7	7	7	7	7	7	7	7	9	9	9	9	9	9	12	12	12	12	12	12	10	10	10	10	10	10	10	10

### Ending

**TAB**

5	5	5	5	5	5	5	5									2	2	2		5
5	5	5	5	5	5	5	5									2	2	2		3
5	5	5	5	5	5	5	5									2	2	2		3

**P-Gtr**

**TAB**

9	12	9		9		12	10									3	5	3		3
9	12	9		9		12	10									4	5	4		5
9	12	9		9		12	10									4	5	4		5



85

B-Gtr

T  
A  
B

(5)	(5)	(5)	(5)
(3)	(3)	(3)	(3)
(3)	(3)	(3)	(3)

P-Gtr

T  
A  
B

(3)	(3)	(3)	(3)
(5)	(5)	(5)	(5)
(5)	(5)	(5)	(5)