

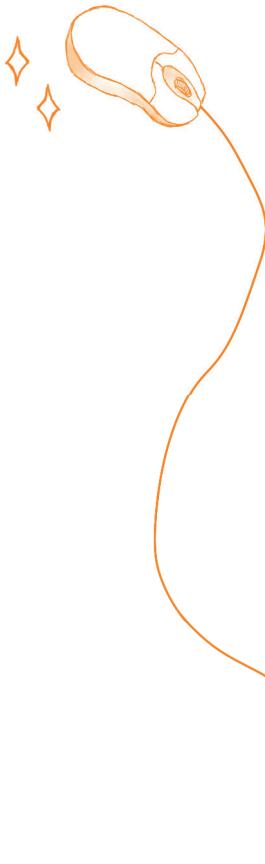
ORLA GARTLAND

# WOMAN ON THE INTERNET

chordbook



TRANSCRIBED BY CONNOR JAMES, ILLUSTRATED BY EMILY WELBERS



**THINGS THAT I'VE LEARNED**

**YOU'RE NOT SPECIAL, BABE**

**MORE LIKE YOU**

**OVER YOUR HEAD**

**ZOMBIE!**

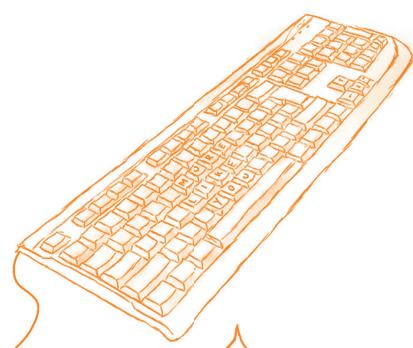
**MADISON**

**DO YOU MIND?**

**CODEPENDENCY**

**PRETENDING**

**LEFT BEHIND**



**BLOODLINE / DIFFICULT THINGS**

# THINGS THAT I'VE LEARNED

Orla Gartland

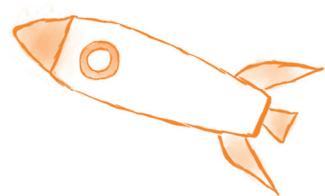
Key of F#m



Verse

**N.C**

don't compare your face to the other faces it's not worth it  
take up all the space, even when you think you don't deserve it  
you're living your life in your mind, you don't get it  
never buy the jeans that you've never seen, you'll regret it



Chorus

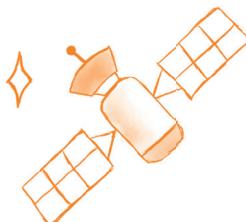
**N.C**

these are the bridges that i've burned, these are the things that i've learned

Verse

**F#m**

it's ok to feel everything you feel all of a sudden  
store it on the shelf for a day when feel nothing  
all of the lovers, and others, they don't get it  
there's no manual and if there is i haven't read it



Chorus

**F#m**

**D**

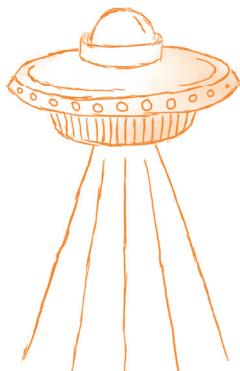
**Dm**

these are the bridges that i've burned, these are the things that i've learned

Verse

**F#m**

don't compare your face to the other faces it's not worth it  
take up all the space, even when you think you don't deserve it  
you're living your life, in your mind, you don't get it  
say what's on your mind, every single time, don't regret it



# YOU'RE NOT SPECIAL, BABE

Orla Gartland

Key of C

Verse

C Em C

if you could see yourself from the outside in

A♭ B♭

you'd say you don't have to be more thin, it's ok

C Em C

and if you could see yourself from above the sky

A♭ B♭

i think you'd say that you're doing fine

Pre Chorus

C

life is short until it's not honestly it's kinda long

Em

it takes a while to come around, people always let you down

Am

find the ones that get you, stick to them like hot glue

F

and dance if you want to

Chorus

C Em

you're not special, babe (no!)

Dm

i know you feel like your life is one big mistake

G

i am right there on your side

C Em

you're not special, babe

Dm

we all we go from heartbreak to happy to heartbreak

G

some things just don't change

Verse

C Em

you, you're an adult now,

C

make your own to-do list

A♭ B♭

and eat whatever you want for breakfast, yeah

Pre Chorus

**C**

get a job just to get by spend your money til you die

**Em**

some people don't stick around but don't let yourself down

**Am**

find the ones that get you, stick to them like hot glue

**F**

and dance if you want to

Chorus

(as above)

Middle 8

**F**                   **G**

everyone cries, everyone lies, everyone hates you

**Am**                   **Am**   **G**

everyone's so scared of the future, it's true

**F**                   **G**

everyone fucks up and then breaks up and makes up

**Am**                   **D7**

everyone has days where they don't wanna wake up

**F**                   **G**

everyone loves, everyone loses, then they're on their own

**Am**

when everyone else is covered in bruises but we feel alone

**F**                   **G**

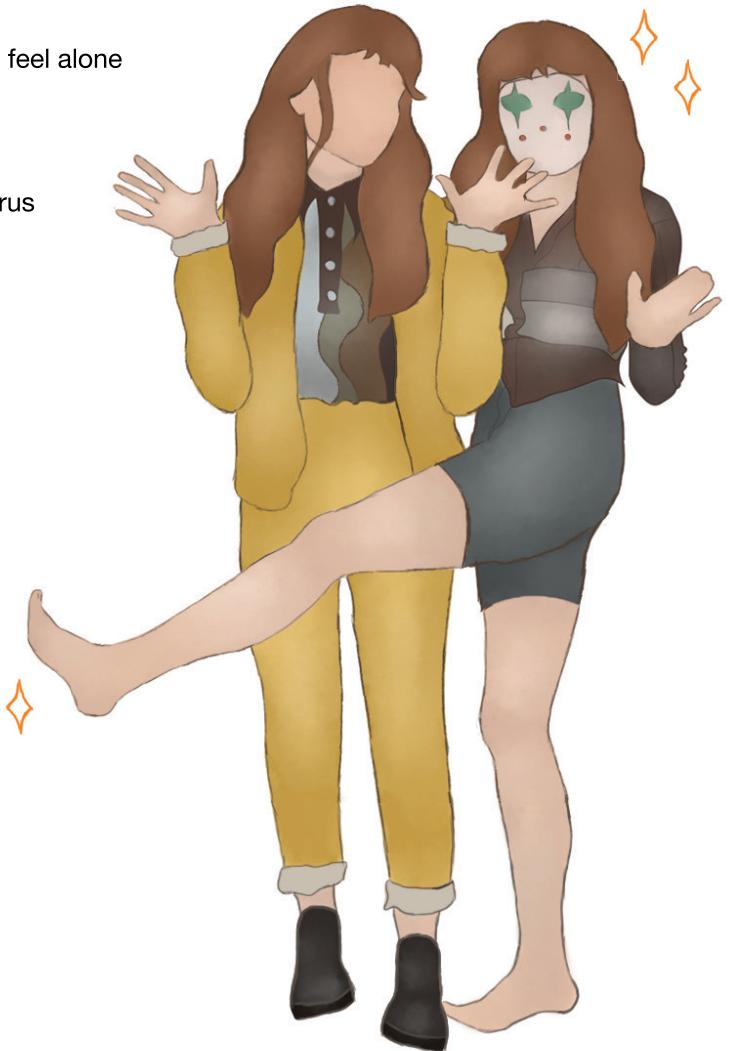
everyone hears us but they all seem to ignore us

**Am**                   **G**

everyone else wants to get right back to the chorus

Chorus

(as above)



# MORE LIKE YOU

Orla Gartland

Key of D

Verse

(D) Bm

i love the way you sing

G

oh i've been trying copy every word you say

Bm A

i love the way you think,

G

you have this way of knowing it'll be ok

Bm

A

where'd you get that confidence from? 'cause you wear it like a coat

A

G

all this feeling second best, it's got me by the throat

Bm A

i know,

A

G

that i've been obsessing in the worst way

Chorus

Bm A

i heard it from a woman on the internet

D/F#

G

she told me to eat well and try to love myself

Bm

A

then maybe i won't wish that i was someone else

D/F# Em

(tell me how)

D/G

to be more like you

Verse

Bm A

look i don't wanna fight

A

D/F# G

no i just wanna swap our bodies for a day

Bm A

imagine i could drive

A

D/F# G

with the top down back and forth across LA

Bm

A

every time she mentions your name oh she says it like a prayer

A

D/F# G

getting caught up on the syllables, i wish i didn't care,

Bm A

but no,

A

D/F# G

oh maybe I'm the one she had to outgrow

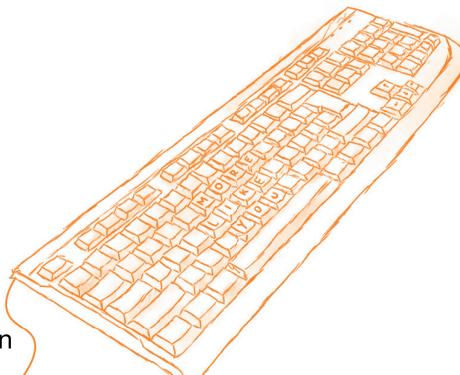


Chorus

Bm A  
i heard it from a woman on the internet  
D/F# G  
she told me to eat well and try to love myself  
Bm A D/F# Em  
then maybe i won't wish that i was someone else  
Bm A  
oh i know that i've been flirting with the enemy  
D/F# G  
but please don't be so perfect right in front of me  
Bm A  
i think of all the things that i will never be  
D/F# Em  
(tell me how) to be more like you

Bridge

D  
and look, it's true, true, true, true  
F#m G  
i got these insecurities they're all mine there's nothing you can  
D F#m G  
do, do, do, do, no  
D  
and look, it's true, true, true, true  
F#m G



Chorus

D  
oh i heard it from a woman on the internet  
F#m G  
she told me to live a life of no regret  
Bm A  
then maybe i won't take you on as such a threat  
D/F# G  
tell me how, tell me how  
Bm A  
oh i know that i've been flirting with the enemy  
D/F# G  
but please don't be so perfect right in front of me  
Bm A  
i think of all the things that i will never be  
D/F# Em  
(tell me how, tell me how)  
Bm A D/F# G  
to be more like you  
Bm A D/F# Em  
to be more like you.

# OVER YOUR HEAD

Orla Gartland

Key of C

Verse

F G

i know you go undercover

Am Am G

you cross your fingers and say that you love her

F G

i know that she isn't crazy

Am

she says that's just the way that made me

Pre Chorus

F G

ego is a scary thing

Am G

power is a game to win, maybe if you keep your

F G

eyes closed then you might begin

Am Em/G C D

to see that you're way over your head



Chorus

Am C F

your head, your heeeeeaaaad

Dm Am

you're in way over your head

C F

your head, your heeeeeaaaad

Dm

walk away, far away, it's better this way

Verse

F G

i met you just at the right time

Am Am G

you were my best friend but i was just part time

F G

then i saw you at the front door

Am

and you knew that i wasn't myself anymore you said

Pre Chorus

**F**                   **G**

confidence is a tricky thing

**Am**                   **G**

and i know that the line is thin, maybe if you keep your

**F**                   **G**

eyes closed then you might begin

**Am**   **Em/G**   **C**   **D**

to see   that   it's all gone to your head



Chorus

(as above)

Bridge

**Am**

ego is a scary thing

power is a game to win

maybe if you keep your eyes closed

then you might begin

to see that you're way over your head

Chorus

(as above)

Outro

**Am**   **C**    **F**   **Dm**

it   feels like drowning

**Am**   **C**    **F**   **D**

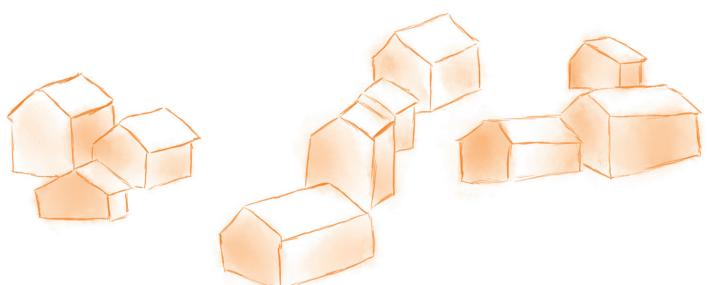
it   feels like drowning

**Am**   **C**    **F**   **Dm**

it   feels like drowning

**Am**   **C**    **F**   **D**

it   feels like drowning



# ZOMBIE!

Orla Gartland

Key of G

Chorus

**N.C**

when all of your body's burning up  
when all of your body's burning up  
you live like a zombie, turn it off  
push it down and it comes back round again

Verse

**G**

you're not a bad guy, not a bad guy, but you do this all the damn time

**C**                           **C/B**    **Am7**

you go quiet, and you fight it, you don't know to feel

**G**

all of this rage stuck in your hands, passed on down from your old man

**C**                           **C/B**    **Am7**

and now somehow it's my fault

Pre Chorus

**G**                           **C**

oh, who is this monster on the phone?

**Em**

jacked up on your testosterone

**G**                           **Am7**                           **C**

And i hate it i hate it!

Chorus

**G**

when all of your body's burning up, when all of your body's burning up

**C**

you live like a zombie, turn it off

**D**

push it down and it comes back round again

Verse

**G**

take your time, take your time, 'cause babe what's yours is mine

**C**                           **C/B**    **Am7**

all your drama and your trauma that you hide from the boys

**G**

if i say that i'll stay then i'll stay

**C**                           **C/B**    **Am7**

but i can't sit here watching you wasting away

Chorus

(as above)

Chorus (outro)

**A**m7

when all of your body's burning up

**C**

when all of your body's burning up

**G**

you live like a zombie, turn it off

**G**      **F**

push it down

**A**m7

when all of your body's burning up

**C**

when all of your body's burning up

**G**

you live like a zombie, turn it off, push it down.



# MADISON

Orla Gartland

Key of F

Verse

F Dm

i'm melting every brain cell in my head

Gm

staring at my phone in bed

C7

don't even know what i was feeling

Bb

as i stared up at the ceiling

F Dm

my mother tells me i look tired

Gm

but what does she know - i'm clearly alright

C7

apart from every morning spent

Bb

wishing that i was still sleeping

Pre Chorus

A7 Dm

yeah i guess i could happier

Bb

F

i suppose i could be less of a dick

A7

Dm

and yes i've been a regular

Bb

Am

Bb

Am

Bb

Am

G7

at the bar where you drink 'cause i like how you think

Chorus

Bb

Madison Madison, oh i've been thinking

F

how you been how you been? i told you

Bb

every single secret and you sat there silent

Dm C#aug

F/C

G7/B Bb

F

i needed you then, now i need you again, Madison.





Verse

**F** **Dm**  
god you wear that shirt so well  
**Gm**  
if you're not perfect, i can't tell  
**C7** **Bb** **A7**  
can i be your sister or your daughter or your houseplant in the corner?

Pre Chorus

**Dm**  
then i'd be happier  
**Bb** **F**  
'cause i'd never have to think for myself  
**A7** **G7**  
so can i call you, can i see you

Chorus

(as above)

Middle 8

**A7** **Dm**  
and you said i could be happier  
**Bb** **F**  
in that moment, i knew it was true  
**A7** **Dm**  
and this sadness is familiar  
**Am** **Bb** **Am** **Bb** **Am** **Bb** **G7**  
i don't know where you're at, won't you please call me back?

Chorus

**Bb**  
Madison Madison, oh i've been thinking  
**F**  
how you been how you been? i told you  
**Bb**  
every single secret and you sat there silent  
**F**  
you sat there silent  
**Bb** **F**  
Madison, Madison do you ever think about me just pouring my heart out?  
**Bb**  
every single secret and you sat there silent  
**Dm** **C#aug** **F/C** **G7/B** **Bb** **F**  
i needed you then, now i need you again Madison.



Chorus  
(as above)

Outro

**Fm11**

i just stopped asking how you were  
(do you? do you mind that i stopped asking?) x2

**D,**

i just stopped asking how you were  
(do you? do you mind that i stopped asking?)

**B,**

i just stopped asking how you were  
(do you? do you mind that i stopped asking?)



# CODEPENDENCY

Orla Gartland

Key of E



Verse

E

i'm not happy, if you're not happy

C#m

D

and i swear that you're always sad

E

you're pathetic, i resent it

C#m

D

when you're down it hurts so bad

Pre Chorus

C#m B A C

it's like i'm half alive but it's not your fault

C#m B/D# A

your life it isn't mine but i hate it,

Chorus

E

i think i'm the problem with you

C B

and i don't know what to do

E

F#m7 B

now i see that's why they call it codependency

Verse

E

if you go running i've got nothing

C#m D D#

i tackled you to the ground and made you say that

E

i'm good at singing i keep digging

C#m D D#

tell me i'm worth it, tell me i'm perfect

Pre Chorus

C#m B A C

it's like i'm half alive and it's all my fault

C#m B/D# A

sometimes i wanna die and i realise



Chorus

(as above)

Middle 8

**C#m B/D# E**

i'm cry - ing out

**A**

to be more than some little dog

**C#m B/D# E**

**A**

that just sits a - round at your feet that's not me

Pre Chorus

**C#m B A**

it isn't black and white 'cause you're fucked up too

**C#m B/D# E**

you know it only hurts 'cause it's true

Chorus

(as above)

Outro

**E**

i'm not happy, if you're not happy

**F# A B**

and i swear that you're always sad

**E**

you're not happy if i'm not happy

**F# A C B**

and i swear that i'm always sad



# PRETENDING

Orla Gartland

Key of G

Verse

G Bm

i saw the face in the window

C

lighting up a cigarette

G Bm

smokey brown eyeshadow

C

i learnt it from a woman on the internet

G Bm

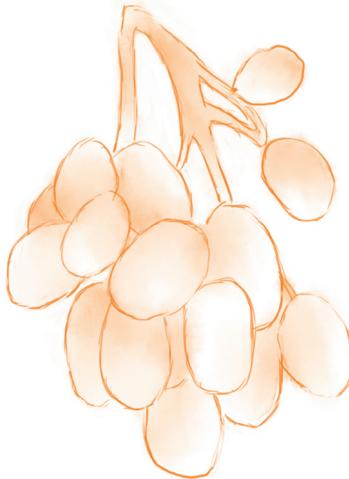
how the hell have you been babe?

C

put your coat on the bed

G Bm C

let me get you a cup sip it up up, right to your head



Pre Chorus

Cmaj7 Dadd4 Em

all the people over there they don't seem to have a care

G

i'm so fucking self aware it's exhausting

Cmaj7 Dadd4 Em

and no matter how i try i repeat it every night, every night, every night

Chorus

G

i'm done pretending, pretending

Am

done pretending, pretending

Em D C

all of my heroes are way more sad than me

G

am i the only one pretending, pretending

Am

one pretending, pretending?

Em D C

who are you so afraid to be? to be? to be?

Verse

**G**                   **Bm**

i lied about liking your dress

**C**

i lied about sticking around

**G**                   **Bm**

**C**

i lied about knowing the band that you talked and talked all night about

**G**                   **B7**

so take it up with the jury

**C**

'cause i don't really care anymore

**G**                   **Bm**

and if you listen real close

**C**                   **D**

you might just hear the penny drop on the floor

Pre Chorus

(as above)

Chorus

(as above)

Outro

**Dadd4**                   **C**

(am i the only one pretending?)

**Dadd4**                   **C**

leave me alone

**Dadd4**                   **C**

i wanna go home



# LEFT BEHIND

Orla Gartland

Key of F

Verse

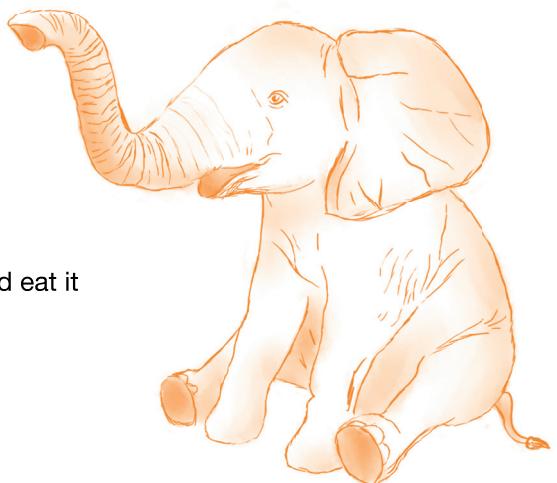
Fmaj7 Dm7  
i'm clinging onto you so tight i know it hurts just a little  
Fmaj7 Dm7  
you say we will be alright but i have my doubts

Pre Chorus

Gm C  
it's better to be holding you while you pass through  
Gm Csus4 C  
than not holding you at all

Verse

Fmaj7 Dm7  
an elephant is in the room don't look! and don't try to feed it  
Fmaj7 Dm7  
you always want me on your terms you can't have your cake and eat it



Chorus

B♭ F  
i don't want you to go without me but  
B♭ B♭m Am Dsus4 D  
when you do won't you put myself in my shoes?  
B♭ F Fmaj7 Dm  
cuz i know this feeling i'm so tired of being left behind (left behind)

Verse

Fmaj7 Dm7  
awake, in bed, in my own head one day rolls into another  
Fmaj7 Dm7  
it looks like you've been having fun at least that's what i told my mother  
Fmaj7 Dm7  
maybe it's better to not have someone at all, then no one else can let you down when they forget to call  
Fmaj7  
i keep having this weird dream where you're going off to war  
Dm7  
and I'm just left there in the kitchen, staring at the door  
Fmaj7 Dm7  
i think I'm done with this 'cause if you've got no one at least you've got no one to miss

Pre Chorus

(as above)

Chorus

(as above)

# BLOODLINE / DIFFICULT THINGS

Orla Gartland

Key of Cm

Verse

Cm B♭

i think it's kinda fun to trace it back to where it all began

Cm B♭

back in Dublin in the kitchen up late talking to my mam

Cm B♭

she was standing by the oven, a strong and stoic woman i saw her as an equal, as a friend

Cm B♭

i saw myself inside her, a sobering reminder we all become our mother in the end

Chorus

Cm

you can leave it all behind

Gm F

skip a beat in the bloodline

Cm

you've been hiding all your life, it's time

Gm A♭ Fm

to skip a beat in the bloodline

Verse

Cm B♭

always feel like i'm the bad guy 'cause i'm the one that up'd and left

Cm B♭

it kinda feels like living 2 lives and always trying to catch your breath

Cm

now I gotta go my own way talk about a cliché

B♭ F

remember to call home on the weekend

Cm

the radio is blaring we turn into my parents it goes dark

B♭ F

and then it starts and then it starts again

Chorus

(as above)

Outro

C

i don't wanna runaway

B♭ F

but you! you don't get me

C

i keep it all in

Gm7 F

'cause we never talk about difficult things

