

# The National - This Isn't Helping (feat. Phoebe Bridgers)

tom:

Gm (forma dos acordes no tom de Em)

Capostrate na 3ª casa

Intro: Em G Em G  
Em G D

[Primeira Parte]

Em  
I cannot believe what you  
G  
Get away with  
Em G  
You find beauty in anything  
Em G  
Whenever you look down into a sewer  
D  
You see a diamond ring  
Em G  
It isn't fair how you never look  
Like you're trying  
Em G  
As if you couldn't care any less  
Em G  
And I'm here, kicking myself

To keep from crying  
D  
You say you're impressed

[Refrão]

C G  
But this isn't helping at all  
C G  
It only makes me wanna get further off  
C G  
This isn't helping at all  
D  
This isn't helping

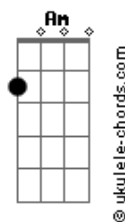
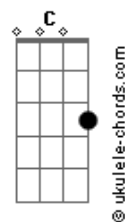
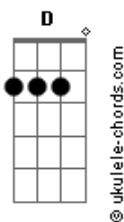
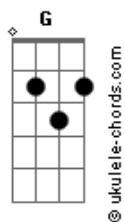
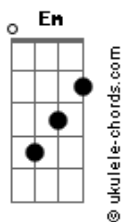
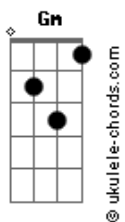
[Segunda Parte]

Em G  
You say that this doesn't have to hurt  
Em G  
You're there if you need to be found  
Em G  
Can't you see that that makes

It so much worse?  
D  
I'll always see you around  
Em G  
Maybe in time, we can give it

One mor? try  
Em G  
But let's think about what matters now  
Em

## Acordes



Keep kicking yourself to  
G  
Keep from crying  
D  
That, you'r? so right about

[Refrão]

C G  
'Cause this isn't helping at all  
C  
I know you think it's kindness  
G  
But it's not  
C G  
This isn't helping at all  
D  
This isn't helping  
[Ponte]

Am Em  
Don't say that it's all your fault  
Am Em  
I know you're banking on it coming up  
Am Em  
But would your life be so bad  
D  
If you knew every single thought I had?  
Am  
'Cause I only have two things  
Em  
To say to you

Am  
But you say two things about  
Em  
Everything, babe  
Am Em  
Well, just when I thought  
D  
You don't even notice me at all

[Refrão]

C G  
'Cause this isn't helping at all  
C G  
It only makes me wanna get further off  
C G  
This isn't helping at all  
D  
This isn't helping  
C G  
This isn't helping at all  
C  
I know you think it's kindness  
G  
But it's not  
C G  
This isn't helping at all  
D  
This isn't helping