

# I Can't Help Myself

Van Zant

I been lost in the darkness for so long,  
I can't see the light.  
I been strung out, burned out, left out,  
An' hung out to dry.  
So I say to myself that I wanna get better:  
Hidin' from the truth, I can't last forever. Jesus, help me;  
Obviously, I can't help myself:  
I've got nobody else.  
Send me an angel: someone to strangle,  
That old demon that's hauntin' me there on the shelf.  
I can't help myself.  
An' my excuses are so old an' tired:  
Hell, I forget 'em.  
I keep fallin', an' crawlin', an' drownin'  
Down here on the bottom.  
Yeah, I've pushed back my brothers, said goodbye to my friends:  
When you get in this deep, the hell never ends. Jesus, help me;  
Obviously, I can't help myself:  
I've got nobody else.  
Send me an angel: someone to strangle,  
That old demon that's hauntin' me there on the shelf.  
I can't help myself. Gimme a reason to live an' show me a sign.  
I'm on the edge goin' out of my mind.  
I'm down on my knees: I'm beggin' you please,  
Make me somebody else: I can't help myself.  
Instrumental Break.  
(No!) I need something stronger:  
Pour it all over me. Send me an angel: someone to strangle,  
That old demon:  
'Cause you know that I never will.  
I can't help myself.

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