

Help

The Front Bottoms

some of us go through some changes
some of us go through some phases
things we fall into, and then fall out
you explain this to yourself in the bathroom mirror last night
as you take your toothbrush out of your mouth
you say, "this is what I want, motherfucker, make it happen for me" you say, "this is what I
want, motherfucker, make it happen for me"
help
you are the poison I need
help
less of inside my body
help
you need a means to an ending I need a spiritual cleansing
when you ask me, "do you wanna stay?" believe me
all I wanna say is, "yes"
but I gotta go to work
help
you are the poison I need
help
less of inside my body
help you need a means to an ending
and I need a spiritual cleansing
on some nights there's something cool to do
on some nights there's nothing to do at all I guess it's cool for right now
just like everything else
I watch her throw her hands up into the air
I hear her say, "don't worry -the lovers will go down together
into the flames with nothing else
but a promise to meet up and hang out"
to hang out
oh, to hang out
thank you for letting me borrow your jacket
it kept me warm in a cold place
some people, no matter how much money they make can't get out of their own way
thank you for letting me borrow your jacket it kept me warm in a cold place
some people, no matter how much money they make
can't get out of their own way so (help)
I'm always focusing in on the wrong things (help)
and then the wrong things become everything (help)
I don't know what I'm gonna do, I don't know what I'm gonna do about anything
help
this is what I want, motherfucker make it happen for me (help)

you are the poison I need (help)
this is what I want, motherfucker make it happen for me
you need a means to an ending (help)
I don't know anything (help)
I don't what I'm gonna do about anything (help)
I don't know what I'm gonna do about anything

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