

## Help Yourself

Joan Armatrading

If you're gonna do it do it right  
Don't leave it overnight  
If you're gonna help me help me now  
Another ten minutes will be too late

Like a crying child  
I need comfort now  
Don't pick me up  
When the tears are dry on my face

Need someone to help me  
But not you, you're not ready  
Seems you have trouble helping yourself

It takes time to notice  
But you don't seem to know time keeps moving  
What you're doing is wasting my time  
You would help me more  
Help me more if you helped yourself  
Help yourself  
Help yourself

You wanna get yourself together  
Don't you wanna put yourself to right  
I said get yourself together  
Don't you wanna put yourself to right  
I said no, don't apologise  
You've done your best  
Seems it still ain't right  
Leave me alone  
No more to be said  
To get it right you got to do it yourself

I'm going out to help myself  
Help myself  
Help myself  
I'm going out to help myself  
Help myself  
Help myself

If you're gonna say it say it now  
Don't leave it overnight  
If you're gonna hold me hold me tight  
I don't wanna leave  
Not if it seems all right

Like a crying child  
I need comfort now  
Don't pick me up  
When the tears are dry on my face

You've got to govern the situation  
Nut not you, you're no  
And anyway, hold up  
Hold up  
Hold up  
You're trying to sort out your mind

You've got to get it together  
You've got to get it together  
It would help me more  
Help more if you helped yourself