

I think I need a little bit of...
I think I need a little bit of help
Come and clap your hands with me
Oh-oh-oh I can't help myself from myself, no-no-no
Oh-oh-oh I can't help myself from myself, no-no-no

How you gon find peace in this world?
When you can't find peace in yourself
We all after a piece of the pie
Broken dreams, pieces in mind
And when freedom gon to be free?
Is this the price for being me?
I'm not sure what I'm supposed to see
No one get too close to me
'Cause I can't help it, always feeling wrong
What you selling? Oh, I'll take one of everything
Take everything I got, it's nothing much, it's worth the shot
I'm not focused, I'm always tired
Can't get my shit straight, cross the wires
Take two of these and make those doses higher-higher oh

Oh-oh-oh I can't help myself from myself, no-no-no
Oh-oh-oh I can't help myself from myself, no-no-no
No-no-no, I need a little bit of help

And every time I play the fence, nothing is green on either end
Walk a mile in my shoes, tell me what you got to lose
Likely to move a whole lot slower
I know nothing of a best foot forward
She may bring you down, they may never grow up
Anything less of one thing, you probably need more of something
else
And I can get a hold of any problem that you know of
Tell me when and where to show up, yeah, come for help

Oh-oh-oh I can't help myself from myself, no-no-no
Oh-oh-oh I can't help myself from myself, no-no-no
Oh-oh-oh I can't help myself from myself, no-no-no
Oh-oh-oh I can't help myself from myself, no-no-no-no-no-no-no