

## Abingdon Boys School

### "Can't Help It"

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[Chorus]

What's with the self-inflicted pain?

(I can't help it!)

How come everytime I see you around you act strange?

(I can't help it!)

Why do you trip at the sight of a hater?

(I can't help it!)

And then slit they throat with a rusty ass razor?

(I can't help it!)

As I sit back and think 'bout what to do next

I start to reminisce about my life and shit

Like how I came from the streets

Was raised by the streets

That's why I give love and I'll die for the streets

I really can't help how I feel

And I can give two fucks to know how to deal

With the pain and anger, stress, emotions

I just roll a blunt, light it up and start smokin'

Sometimes I feel like I'm losin' it

And start blastin' at phones and shit

That's why I'm fully equipped

With the hollowtip, so bitches don't slip

I can't help all the things I do

(I can't help it!)

I gotta feelin' neither can you

(I can't help it!)

[Chorus]

What's with the self-inflicted pain?

(I can't help it!)

How come everytime I see you around you act strange?

(I can't help it!)

Why do you trip at the sight of a hater?

(I can't help it!)

And then slit they throat with a rusty ass razor?

(I can't help it!)

I can't help if I'm crazy, or just insane

I can't help if the words I speak cause pain

Ya gotta..keep ya cool, and say (I CAN'T HELP IT!)  
Rearrange, time will change (FUCK IT!!)  
Deal with it, face ya'self  
I can't help if my mind's taking o-over  
Brace ya'self, there's no time left  
My soul is gettin' clooo-ser  
Stay away if you can't stand the heat  
Cause when the mike's off, I'm corruptin' the streets  
Brown paper bag wrapped around my drink  
Eyes wide open, I can't help to blink  
Why do you talk that way?  
Say all those things you say  
Those rumors you create, I bet you can't help it

[Chorus]

What's with the self-inflicted pain?  
(I can't help it!)  
How come everytime I see you around you act strange?  
(I can't help it!)  
Why do you trip at the sight of a hater?  
(I can't help it!)  
And then slit they throat with a rusty ass razor?  
(I can't help it!)

I said I couldn't help it, so leave me alone  
Why you askin'? Quit harrassin'!  
Too paranoid to pick up the phone  
Home alone all day dustin' off the chrome  
What am I supposed to do?  
When everytime I turn around I got to deal with fools  
It's like I gotta bend all the rules  
To try to take what's mine even if I lose  
Why you never make it to work on time?  
(I can't help it!)  
Why you smoke all the weed if you knew it was mine?  
(I can't help it!)  
Why you always start shit right before you leave?  
(I can't help it!)  
I guess fuckin' up comes naturally?

[Chorus]

What's with the self-inflicted pain?  
(I can't help it!)  
How come everytime I see you around you act strange?  
(I can't help it!)  
Why do you trip at the sight of a hater?  
(I can't help it!)  
And then slit they throat with a rusty ass razor?  
(I can't help it!)

[Repeat x2]

It's ain't my fault that I was raised this way  
Never meant to cause you pain  
Only thing that I could say is  
I apologize!!!

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