

## The Posies

### "Help Yourself"

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When we met we still had innocence  
And we did things 'cause they made sense  
Without trying hard I made it final  
And we conceived our children on backseat vinyl  
Though we didn't have a lot  
(But) one was quickly bought  
Then we buit upon this ground something we thought  
was sound  
But in reality was silence  
I can't tell you why it all breaks down  
And please don't ask me why I'm no longer around  
I only picked up your story knowing you were lying  
Don't ask me for advice  
You'll have to learn to help yourself  
When I look back now I plainly see  
The misery I'm sure you don't agree  
And all the products of those peaceful years  
The broken plates and glasses and the shouting hurt  
my ears  
Sometimes I wish I was asleep  
And you were just another sheep  
And when we finally fell apart  
You were left holding the cart  
Though you thought I'd said I'd push it  
I can't tell you why it all breaks down  
And please don't ask me why I'm no longer around  
I keep dropping those hints but they never touched the  
ground  
I'm useless to you now  
You'll have to learn yourself to help yourself  
I had never planned on this being so complicated  
You had never planned on us being so separated  
The spiteful words will heal with time  
Eventually they rhyme  
You can forget but not forgive the fact that I still live  
And never wanted you to give... in  
I can't tell you why it all breaks down  
And please don't ask me why I'm no longer around  
You weren't satisfied I was only superhuman  
Don't ask me for advice  
You'll have to learn to help...

I can't tell you why it all breaks down  
And please don't ask me why I'm no longer around  
Well I could only stand sitting here so long  
You don't need my help  
You'll have to learn to help yourself

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