

## **Adkins Trace**

### **"Help Me Understand"**

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Once in a lifetime You'll open up your heart Maybe once  
in your lifetime  
You'll swear to never be apart  
You think your love's on solid ground  
Then out of the blue, it all comes tumblin' down

Chorus

Who's gonna hold me tonight  
When I'm feeling lonely  
Who's gonna show me the light  
'Cause I need to know  
With all the things we've go  
How can love just stop  
Tell Me  
Somebody help me understand

And my picture in your locket  
What will you do with it now  
All our friends and all our memories  
Tell me how we sort them out  
What's yours is yours  
What's mine is mine  
Is that all that's left  
After all this time

Repeat Chorus

Help me understand  
Why I'm not part of our plan  
And you don't need me anymore  
Help me understand  
Why I still wanna be where you are  
Even though I know in my hear  
You don't love me anymore

Repeat Chorus

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