

## Amy Studt

### "Help Yourself"

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When I walk in your shoes  
I understand a man confused  
There must have been but I don't care  
I feel the way your shoulders bear  
Darling they empathize  
Looking through your bloodshot eyes  
And I know you you're so frustrated  
Above we all become what we once hated  
Besides nobody can be that wise

I can't help you if you won't help yourself  
I can't help ya if you don't help yourself  
You can only get so much from someone else  
You can get so much from me  
I can't help you if you won't help yourself

You've got a degree in philosophy  
So you think you're cleverer than me  
But I'm not just some drama queen

Cause it's where you're at not where you've been  
So what do you expect from me  
To hold your head above the sea  
And there are you even though you're bigger  
Cause don't you know you crush my tiny figure  
And anyway we're still so young  
And this isn't yesterday

I can't help you if you won't help yourself  
I can't help ya if you don't help yourself  
You can only get so much from someone else  
I can't help you if you won't help yourself

You might be twenty-five but in my mind  
I see you at sixteen years or most the time  
And I'm just a child and you're full grown  
And no I like nothing I've ever known yeah  
I'm nothing like I've ever knew

