

## Van Zant "I Can't Help Myself"

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I've been lost in the darkness for so long I can't see the light

I've been strung out, burned out, left out an' hung out to dry

So I say to myself that I wanna get better

Hidin' from the truth, I can't last forever

Jesus, help me, obviously

I can't help myself, I've got nobody else

Send me an angel, someone to strangle

That old demon that's hauntin' me

There on the shelf, I can't help myself

An' my excuses are so old an' tired hell, I forgot 'em  
I keep fallin', an' crawlin', an' drownin' down here on the bottom

Yeah, I've pushed back my brothers, said goodbye to my friends

When you get in this deep, the hell never ends

Jesus, help me, obviously

I can't help myself, an' I've got nobody else

Send me an angel, someone to strangle

That old demon that's hauntin' me

There on the shelf, I can't help myself

Gimme a reason to live an' show me sign

I'm on the edge goin' out of my mind

I'm down on my knees, I'm beggin' You please

Make me somebody else, I can't help myself

Oh, I need something stronger, pour it all over me

Send me an angel, someone to strangle

That old demon, aah, 'cause You know that I never will

I can't help myself, Lord, I can't help myself

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