

# I Defeat

James

We were doing so well, we had broken the spell  
And freedom seemed just within reach  
We had managed the bend between lover and friend  
Found a place we could possibly meet

Yes, it's me, I can't help myself  
I just run headlong to defeat  
Yes, it's me, I can't help myself  
I defeat, I defeat, I defeat

I'm so hard on myself, don't deserve any help  
So I must let you go, let you go  
So I pushed you away while I hoped you would stay  
But I don't let you know, let you know

Yes, it's me, I can't help myself  
I keep running around to this beat  
Yes, it's me, I can't help myself  
I defeat, I defeat, I defeat, I defeat

Yes, it's me, I can't help myself  
I keep running around to this beat  
Yes, it's me, I can't help myself  
I defeat, I defeat, help me

I can't help myself  
I defeat, I defeat, help me  
I can't help myself  
I defeat, I defeat, help me