

Can't Help It

Jarryd James

Hurting, don't need it
Lonely, don't leave it
Angry, don't feed it
Don't feed it
Trouble, can't shake it
Long as I know how to take it
How to take it

On and on and on we go back
Even when these odds can't help us at all
On and on and on we crawl back
Knowing that we're not the only ones

Cross my heart and hope to try
I know tears will fall but you know I can't help it
You know I can't help it
Close my eyes a hundred times
Tears will fall but you know I can't help it
You know I can't help it

Hungry for meaning
Give me a reason
If only for the meantime

On and on and on we go back
Even when these odds can't help us at all
On and on and on we crawl back
Knowing that we're not the only ones

Cross my heart and hope to try
I know tears will fall but you know I can't help it
You know I can't help it
Close my eyes a hundred times
Tears will fall but you know I can't help it
You know I can't help it

All the things that we do in the name of love
And the things that we do to avoid it
All the things that we do in the name of love
And the things that we do to destroy it

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I know tears will fall but you know I can't help it
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