

# I CAN'T HELP MYSELF

Kelsea Ballerini

I could go to bed before 11:30  
I could go read a book that tells me not to worry  
I could do a load of laundry that's just been sitting dirty  
I could show up on time and maybe even early  
But oh, oh, here I go again  
Oh, oh, can't say no

When the sun starts falling  
The girls start calling  
The wine comes off of the shelf  
Then the drums start to kick in  
And all my inhibitions are gone by a quarter to twelve  
Yeah, I try to be an angel  
Then the whole thing goes to hell  
Lord, help me, I just  
I can't help myself  
(She can't help it, the girl can't help it)  
(She can't help it, the girl can't help it)

I could go for a walk and maybe eat a salad  
I could pick up my guitar and write another ballad  
I could even meditate to live with less distraction  
Aw that pick me up at eight, I'm trying to kick the habit  
But oh, oh, here I go again  
Oh, oh, I can't say no

When the sun starts falling  
The girls start calling  
The wine comes off of the shelf  
Then the drums start to kick in  
And all my inhibitions are gone by a quarter to twelve  
Yeah, I try to be an angel  
Then the whole thing goes to hell  
Lord, help me, I just  
I can't help myself  
(She can't help it, the girl can't help it)  
(No, she can't)  
(She can't help it, the girl can't help it)  
(No, she can't)  
(She can't help it, the girl can't help it)  
No, I can't help myself  
(No, she can't)  
(She can't help it, the girl can't help it)

My therapist says (she says) I do this a lot (a lot)  
I see her on Monday  
I'm coming in hot

'Cause when the sun starts falling  
The girls start calling  
The wine comes off of the shelf  
Then the drums start to kick in  
And all my inhibitions are gone by a quarter to twelve  
Yeah, I try to be an angel  
Then the whole thing goes to hell  
Yeah, I should probably stay home tonight, I know  
But oh well

Lord, help me, I just  
I can't help myself  
(She can't help it, the girl can't help it)  
(No, she can't)  
(She can't help it, the girl can't help it)  
Oooh yeah yeah  
(No, she can't)  
(She can't help it, the girl can't help it)  
(No, she can't)  
No, I can't  
(She can't help it, the girl can't help it)  
I can't