

# Can't Help Myself

Mitch James

Time and time again I find myself stuck here  
And time and time again these thoughts won't disappear  
Well I always tell myself that I won't let you near  
I won't, I won't  
If it was up to me, then I would let it go  
But when it comes to you, I got no self-control  
Well I always tell myself that I won't let it show  
I won't, I won't  
But it's times like this that show me

I can't help myself  
Well I guess we're both to blame  
You know you're good at playing all these games  
And it's bad for my health  
Stare at me with eager eyes  
I don't know why I'm acting all surprised  
I can't help myself  
(Can't help myself, I can't help it)  
(Can't help myself, I can't, I can't)  
(Can't help myself, I can't help it)  
I can't help myself

I walk into the bar and see you with your friends  
The night has only started, but we both know how it ends  
I always say that I won't mess with you again  
I won't, I won't  
But it's nights like this that show me

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And it's bad for my health  
Stare at me with eager eyes  
I don't know why I'm acting all surprised  
I can't help myself  
(Can't help myself, I can't help it)  
(Can't help myself, I can't, I can't)  
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(Can't help myself, I can't help it)  
I can't help myself

Well it's nights like this  
And it's times like this that show me that

I can't help myself  
Well I guess we're both to blame  
You know you're good at playing all these games, these games  
And it's bad for my health  
Stare at me with eager eyes  
I don't know why I'm acting all surprised  
I can't help myself  
(Can't help myself, I can't help it)  
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I can't help myself