

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

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And it's bad for my health
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