

It Ain't Helping

Mitch James

I swear you been changing for no good reason
You know you've been pushing me, that's clear to see

I knew all along
But you just can't help what you do
It's been so long
And you've been holding heartbreak for two

It ain't helping me
It ain't helping me at all
It ain't helping me
It ain't helping me at all

'Cause every time I call you put a wall up
Like you've been making friends with all the wrong girls
I swear to God we always seem to fall out
Oh that hurts but you know it

I know I've been breaking down for no good reason
But you're making it harder every day, oh

I knew all along
But you just can't help what you do
It's been so long
And you've been holding heartbreak for two

It ain't helping me
It ain't helping me at all
It ain't helping me
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'Cause every time I call you put a wall up
Like you've been making friends with all the wrong girls
I swear to God we always seem to fall out
Oh that hurts but you know it

Every time I see you on the weekend
You say you'd rather hang with all your girlfriends
Like I can't be the one that you can call up
And that hurts, hurts, hurts

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Like you've been making friends with all the wrong girls
I swear to God we always seem to fall out
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