

Self Help!

Spouse

Self-help

Self-help, you better help yourself 'cause no one's going to
Self-help, no one gives a fuck what you been going through
You have got to save yourself
'Cause you won't get nobody's help

This world is cold mama, oh mama
Scripted like a soap opera, this is no shocker
Go harder, go farther, or be broke father
Be a phone with no charger out in hell's harbor
Here's what I saw when I looked in the bottle
Just a middle finger to my sorrows
No one cares, run and hide
If you're scared, fuck your life

'Cause they don't miss you, they forget you
Here's the tissue for your issues, they don't get you what you lived through
In fact, they set it up to bring you down
Here's the deal, there's only one ally you can turn to in the end
Only one person lasted after all of your friends
When all the flies flee, when it hurts, when it bleeds
There's only one cure for the disease

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So you better get, get, life is a bitch, bitch, you better go, go
'Cause only the fittest, cannibalistic, capitalistic, assume the position
(Nobody else) do anything but doubt you
(Nobody else) gives a fuck about you
(Nobody else) so move along or prove 'em wrong, do you belong?
They're fronting on you and they don't got your
Back to the matter at hand
They want you to fuck up, that's all part of the plan
Humiliate and rape you, profit when they break you
There is only one thing that can save you

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You won't get nobody's, self-help