

# I Can't Help It (featuring Malik B & P.O.R.N.)

## The Roots

[Chorus: Mercedes Martinez]

I, I, I can't help it, I, I, I can't help it,  
I can't help it, I can't help it, I can't help it, I can't help it  
I, I, I, I can't help it, I, I, I can't help it,  
I can't help it, I can't help it, I can't help it, I can't help it [Malik B]

Live with it, thats how I survive with it,  
Talk jive with, you take dive with it,  
Connive with it, depart and arrive with it,  
Harsh thrive thats why its part I with it

I did it, make rhymes in 5 minutes,  
Mind of a dentist, crimes of the diminished,  
Press rewind see what you find in my image,  
Take you nigga's back to that line of a scrimmage,  
Riq you know we pull a freak with the flow,  
Talks cheap thats why we speak with the dough,  
Ill techniques sure I'm sleek with the flow,  
Its cold outside niggas sleep with the snow,  
I tweak in the low tone, freak when the o-zone,  
I can't help hiding my seat oh its so known,  
I only do what got to because its possible,

And climbing over whatever's known as an obstacle. [Chorus] (Black Thought) I can't help it, maybe I'm selfish,

Maybe the way I'm running is becoming a hell freeze,  
All I can see is smoke from tortoise shells that sell shit

50's I feel like I'm making a sales pitch,  
My head already so heavy its making the scales tip,  
I got my own pressure and got everyones elses,  
I'm rehabilitating and still feeling rebellious,  
Candidate of heart failure more pills than Elvis,  
In a layer cake, half chocolate half velvet,  
I'm listening to some howe Melvin,  
I got so many options theres so many toxins yo,  
Didn't really tell what we killing ourselves with,

I lit a cigarette and then held it,  
I'm thinking of some rhymes more illa than a threaten' illment,  
I'm on some bomb threat in the mail shit,  
Because of all things I dealt with, nigga I can't help it [Chorus] [Porn]

I never said I'm ready to die, but I accept it,  
Never said I'm ready for war, but I'm protected,  
I don't even know when its coming but I expect it,

Lost thoughts innocent hopes an now I'm left with  
Nervous conditions, addictions, in addition  
To prisons that mixed in to the wrong crowd,  
My life is on a flight that going down,  
My mother had an abortion for the wrong child,  
With the time I felt loved, thats gone now,  
Thats replaced with purples rays some storm clouds,  
Misery love Misery, so why make friends lets make enemies,  
An now I got a habit thats wasn't meant for me,  
Now I'm in a marriage that wasn't meant to be,  
One more reason to change identity,  
The cars, the crime, K's, penalties.[Chorus]I can't help it, I Can't help it  
I can't help it, I Can't help it  
I, I, I, I can't help it  
I, I, I, I, I can't help it  
I, I, I can't help it  
I, I, I, I, I can't help it  
I can't help it, I, I, I, I, I can't help it  
I can't help it, I, I, I, I, I can't help it  
I can't help it  
I can't help it  
I can't help it  
I can't help it  
I can't help it, I, I, I, I, I can't help it  
I can't help it, I, I, I, I, I can't help it  
I, I, I, I, I can't help it  
I, I, I, I, I can't help it  
I, I, I, I, I can't help it  
I can't help it, I, I, I, I, I can't help it  
I can't help it, I, I, I, I, I can't help it  
I, I, I, I, I can't help it  
I, I, I, I, I can't help it

Songwriters

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