

# Check Yourself

## Lowell Fulson

Oh no you didn't, oh yes I did  
Uncle KJ gotta talk to ya'll kids  
Listen up quick, 'cause the way some of ya'll live  
Must have lost ya mind and jus' flipped your lid  
Now ladies, I know what he be tellin' you  
I know, 'cause back in the day I used to do it too  
Talkin' 'bout, aw girl you know I love you  
And if you love me too, then let me sleep wit' you  
He's a fool, a lyin' schemin' dude  
I'ma tell ya straight girl, now cut him loose  
Why, ain't no guy that cute  
If he won't respect you and wait for you  
See you need a real man that loves God too  
And will take a stand even if it's hard to  
And I know that you can now, it's worth it for you  
Check the program this is what I'm tellin' you  
Ooh ya'll, better check yourself  
Nah ya'll, need to check yourself  
Un uh, you better check yourself  
No ya'll, better respect yourself  
Ooh ya'll, better check yourself  
Nah ya'll, need to check yourself  
Un uh, you better check yourself  
No ya'll, better just respect yourself  
Where my fellas at, where my fellas at?  
Now some of ya'll need to check where ya head is at  
I know in the locker room what they be tellin' cats  
Don't buy into that now when they sellin' that  
Virgin ain't a drity word don't be ashamed of that  
See in reality people be respectin' that  
Stand up fro yourself tell 'em jus' chill wit' that  
And even if they diss turn around and bless them back  
Let me talk smack and leave it at that  
'Cause everybody ain't doin' it now jus' learn the facts  
Don't never let somebody ever hold ya back  
Nobody except God should ever tell you how to act  
It's odd sayin' that 'cause peeps won't tell ya that  
But it's the truth and I'll never back down from that  
So if ya can handle that and like the sound of that

Then people holla back on the track thats down wit' that  
Ooh ya'll, better check yourself  
Nah ya'll, need to check yourself  
Un uh, you better check yourself  
No ya'll, better respect yourself  
Ooh ya'll, better check yourself  
Nah ya'll, need to check yourself  
Un uh, you better check yourself  
No ya'll, better just respect yourself  
Ladies and gentlemen ya need to stop playin'  
Stop runnin' around always missionary datin'  
You think that the one you're lovin' you gonna be savin'  
But end up wit' problems from the choice that ya makin'  
Now some ya'll girls ya'll need to start carin'  
And think twice about the clothes that you're wearin'  
I know it might be nice to have all the guy starin'  
But take advice, respect yourself as a women  
We all want love and we all want attention  
But that ain't the way to get it you understand what I'm sayin'  
Wit' the baby gap outfit on that ya wearin'  
Sneakin' out the house tryin' to hide from ya parents  
See God said save yourself for ya marriage  
And it was for a reason don't misunderstand it  
Sex is a beautiful gift don't mishandle it  
Ya better jus' check yourself and don't damage it  
Ooh ya'll, better check yourself  
Nah ya'll, need to check yourself  
Un uh, you better check yourself  
No ya'll, better respect yourself  
Ooh ya'll, better check yourself  
Nah ya'll, need to check yourself  
Un uh, you better check yourself  
No ya'll, better just respect yourself

Lyrics provided by

<https://damnllyrics.com/>