

# Help

## The Front Bottoms

Some of us go through some changes  
Some of us go through some phases  
Things we fall into,  
And then fall out  
You'd explain this to yourself in the bathroom mirror last night  
As you take your toothbrush out of your mouth  
It said "This is what I want, motherfucker make it happen for me" [x2]  
Help  
You are the poison I need  
Help  
Less of inside my body  
Help  
You need a means to an ending  
I need a spiritual cleansing  
When you ask me "Do you wanna stay?" believe me  
All I wanna say is "Yes" but I gotta go to work  
Help  
You are the poison I need  
Help  
Less of inside my body  
Help  
You need a means to an ending  
And I need a spiritual cleansing  
On some nights there's something cool to do  
On some nights there is nothing to do at all  
I guess it's cool for right now  
Just like everything else  
I watch her throw her hands up into the air  
I hear her say "Don't worry, though"  
Lovers they were bound together into the flames with nothing else  
But the promise to meet up and hang out  
To hang out. Oh, to hang out  
Thank you for letting me borrow your jacket it  
Kept me warm in a cold place  
Some people no matter how much money they make  
Can't get out of their own way [x2]  
So (Help)  
I'm always focusing in on the wrong things (Help)  
And then the wrong things become everything (help)

I don't know what I'm gonna do, I don't know what I'm gonna do about anything (Help)

(This is what I want, motherfucker make it happen for me)

(Help)

You are the poison I need (Help)

(This is what I want, motherfucker make it happen for me)

You need a means to an ending (Help)

I don't know anything (Help)

I don't what I'm gonna do about anything (Help)

I don't what I'm gonna do about anything

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