

# I Can't Help Myself

[Van Zant](#)

I've been lost in the darkness for so long I can't see the light  
I've been strung out, burned out, left out an' hung out to dry  
So I say to myself that I wanna get better  
Hidin' from the truth, I can't last forever Jesus, help me, obviously  
I can't help myself, I've got nobody else  
Send me an angel, someone to strangle  
That old demon that's hauntin' me  
There on the shelf, I can't help myself An' my excuses are so old an' tired hell, I forgot 'em  
I keep fallin', an' crawlin', an' drownin' down here on the bottom  
Yeah, I've pushed back my brothers, said goodbye to my friends  
When you get in this deep, the hell never ends Jesus, help me, obviously  
I can't help myself, an' I've got nobody else  
Send me an angel, someone to strangle  
That old demon that's hauntin' me  
There on the shelf, I can't help myself Gimme a reason to live an' show me sign  
I'm on the edge goin' out of my mind  
I'm down on my knees, I'm beggin' You please  
Make me somebody else, I can't help myself Oh, I need something stronger, pour it all over me  
Send me an angel, someone to strangle  
That old demon, aah, 'cause You know that I never will  
I can't help myself, Lord, I can't help myself

Songwriters

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