

**Help Yourself**  
**Amy Winehouse**

Intro: **A7+**      **F#m7, Bm9 E9**  
          **A7+**      **F#m7, Bm9 E7/b9**

Verse 1:

**A7+**                    **D7+**  
When I walk in your shoes,  
  **C#m7**                **E9**  
I understand a man confused.  
          **A7+**  
There must have been,  
          **D7+**  
But I don t care,  
  **C#m7**  
I feel the way,  
          **E9**  
Your soul does there.

**A7+**                    **D7+**  
Darling, they empathise,  
**C#m7**  
Looking through,  
          **E9**  
Your bloodshot eyes.  
**A7+**  
And I know you;  
          **D7+**  
You re so frustrated,  
**C#m7**  
Above we all become,  
          **F#7/b9**  
What we once hated.

Bridge 1:

**Bm7**      **E7**  
Be-sides, nobody,  
          **Bm7**                **E7**  
Can be that wise.

**A7+**                    **F#m7**  
I can t help you,  
**Bm9**

If you won't,  
**E9**            **A7+**    **F#m7** **Bm9** **E9**  
Help your-self.

**A7+**            **F#m7**  
I can't help you,  
**Bm9**  
If you won't,  
**E9**            **A7+**    **F#m7** **Bm9** **E9**  
Help your-self.

**A7+**            **F#m7**  
You can only get,  
**Bm9**            **E9**  
So much from,  
                 **A7+**    **F#m7** **Bm9** **E9**  
Someone else.

**A7+**            **F#m7**  
I can't help you,  
**Bm9**  
If you won't,  
**E9**            **A7+**    **F#m7** **Bm9** **E7/b9**  
Help your-self.

Verse 2:

**A7+**  
You've got a degree,  
                 **D7+**  
A-in philosophy,  
**C#m7**  
So you think,  
                 **E9**  
You're clever-er than me.  
                 **A7+**  
But I'm not just,  
                 **D7+**  
Some drama queen,  
                 **C#m7**  
Cos it's where you're at,  
                 **E9**  
Not where you've been.

**A7+**  
So what do you,  
                 **D7+**  
Ex-pect from me,  
                 **C#m7**  
To hold your head,  
                 **E9**  
A-bove the sea?

A7+  
And carry you,  
D7+  
Even though you re bigger,  
C#m7  
Cos don t you know,  
F#7/b9  
You crush my tiny figure?

Bridge 2:

Bm7  
And anyway,  
E7  
We re still so young,  
Bm7 E7  
And this isn t yesterday.

A7+ F#m7  
I can t help you,  
Bm9  
If you won t,  
E9 A7+ F#m7 Bm9 E9  
Help your-self.

A7+ F#m7  
I can t help you,  
Bm9  
If you won t,  
E9 A7+ F#m7 Bm9 E9  
Help your-self.

A7+ F#m7  
You can only get,  
Bm9 E9  
So much from,  
A7+ F#m7 Bm9 E9  
Someone else.

A7+ F#m7  
I can t help you,  
Bm9  
If you won t,  
E9 A7+ F#m7 Bm9 E7/b9  
Help your-self.

Break:

D7+

You might be twenty five,

C°

But in my mind,

A7+ E/G#

I see you as sixteen years old,

F#7

Most of the time.

D7+

And I m just a child,

C°

And you re full grown,

Bm7

And you are like nothing,

E9

I ve ever known.

Outro:

A7+ F#m7, Bm9 E9

A7+ F#m7, Bm9 E7/b9

(Repeat to Fade)