

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)