

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

Intro 2x: **Ama j7 Dmaj7 E9**

Verse 1:

**Ama j7 Dmaj7**

When I walk in your shoes

**C#m7 E9**

I understand a man confused

**Ama j7 Dmaj7**

There must have been but I don t care

**C#m7 E9**

I feel the way your shoulders flex

**Ama j7 Dmaj7**

Darling they emphasize

**C#m7 E9**

Looking through your bloodshot eyes

**Ama j7 Dmaj7**

And I know you you re so frustrated

**C#m7 E9**

But we all become what we once hated

Bridge 1:

**Bm7 E7 Bm7 E7**

Be-side nobody can be that wise

Chorus 1:

**Ama j7**

I can t help ya

**Dmaj7**

If you won t

**E9 Ama j7 Dmaj7 E9**

Help your-self

**Ama j7**

I can t help ya

**Dmaj7**

If you don t

**E9 Ama j7 Dmaj7 E9**

Help your-self

**Ama j7**

You can only get

**Dmaj7 E9 Ama j7 Dmaj7 E9**

So much from someone else

**Ama j7**

I can t help ya

**Dmaj7**

If you won t

**E9 Ama j7 Dmaj7 E9**

Help your-self

Verse 2:

**Ama j7** **Dma j7**  
You ve got a degree in philosophy  
**C#m7** **E9**  
So you think you re clever-er than me (so smart)  
**Ama j7** **Dma j7**  
But I m not just some drama queen  
**C#m7** **E9**  
Cos it s where you re at not where you ve been  
**Ama j7** **Dma j7**  
So what do you ex-pect from me  
**C#m7** **E9**  
To hold your head a-bove the sea (keep you high and dry)  
**Ama j7** **Dma j7**  
And care of you even though you re bigger  
**C#m7** **E9**  
Cos don t you know you crush my tiny figure

Bridge 2:

**Bm7** **E7**  
And anyway we re still so young (I m so young)  
**Bm7** **E7**  
And this isn t yesterday

Chorus 2:

**Ama j7**  
I can t help ya  
**Dma j7**  
If you won t  
**E9** **Ama j7** **Dma j7** **E9**  
Help your-self  
**Ama j7**  
I can t help ya  
**Dma j7**  
If you don t  
**E9** **Ama j7** **Dma j7** **E9**  
Help your-self  
**Ama j7**  
You can only get  
**Dma j7** **E9** **Ama j7** **Dma j7** **E9**  
So much from someone else  
**Ama j7**  
I can t help ya  
**Dma j7**  
If you won t  
**E9** **Ama j7** **Dma j7** **E9**  
Help your-self

Middle 8:

**Dma j7** **B7**  
You might be twenty-five but in my mind  
**Ama j7** **G#** **Ama j7** **F#7**  
I see you at sixteen years almost the time

**Dmaj7**

**B7**

And I m just a child and you re full grown

**Bm7**

**E9**

And there s nothing like I ve ever known

Instrumental: ( **Amaj7 Dmaj7 E9** )

(Repeat to Fade)