

Panic Attack

7Seconds

All wound up on the edge
Terrified
Sleep disturbed restless mind
Petrified Bouts of fear permeate
All I see
Heightening nervousness
Threatens me I am paralyzed
So afraid to die Caught off guard warning signs
Never show
Tension strikes choking me
Worries grow Why do I feel so numb?
Is it something to do with where I come from?
Should this be fight or flight?
I don't know why I'm constantly so uptight Rapid heartbeat pounding through my chest
Agitated body in distress
I feel like I'm in danger
Daily life is strangled by my stress A stifling surge
Shooting through all my veins
Extreme apprehension
Suddenly I'm insane Lost all hope for redemption
A grave situation desperate at best Why do I feel so numb?
Is it something to do with where I come from?
Should this be fight or flight?
I don't know why I'm constantly reeling Helpless hysteria
A false sense of urgency
Trapped in my phobia
Possessed by anxiety Run
Try to hide
Overwhelmed
By this complex delirium Helpless hysteria
A false sense of urgency
Trapped in my phobia
Possessed by anxiety Run
Try to hide
Overwhelmed
By this complex delirium

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