

Sharks And Danger

[Alexisonfire](#)

St. Catharines Psychiatric Help Line, this is Nancy. I'm sure this is all gonna sound really ridiculous and uh I don't exactly expect anyone to believe all this.

Uh for the last little while I've been kinda keeping correspondence with my sanity, and uhh I really get the feeling that I'm starting to lose interest in the letter writing process.

The pieces of the letters, they just get progressively shorter and shorter until it's not even a reply.

I uhh the whole thing makes me really nervous.

I just wish I could show you what a huge problem this is. As life hangs beside me

I gather all that I can

You were never one for confrontation

But now it lies all in your hands Your hands I kind of have this really terrible habit of asking myself all these stupid questions, right?

Like what if uh what if there's a spot on my body that I can touch to keep my heart from beating? Or like what if, what if there's this uhh stray bullet out there that's gonna come through my window and take me out? Like what if uhh what if there's this huge unstoppable comet that's just gonna like, destroy the earth and all of us?

Like what what if that's happening right now?

How can I avoid all these questions if I don't have that?

Like, who is gonna be here?

Why who is gonna be there in the hospital?

Who is gonna tell me that all this is bullshit it's a dream? Just a dream.

This is not a joke. And uhh I'll never sleep. Who will be there to tell

Me how stupid I am? [4x] Who will keep me from lashing out? (lashing out)

Anxiety chokes me like razor wire (razor wire)

Who will keep me from lashing out? (lashing out)

Anxiety chokes me like razor wire (razor wire) Now it's all in your hands, in your hands [x4] (Anxiety chokes me like razor wire) Anxiety chokes me like razor wire, razor wire

Songwriters

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