

# Phobophobia

## Vio-Lence

Restricted patient  
Or so they say  
I choose to stay here, phobic fears  
Nerve endings eaten away  
I'm out of touch  
With all in sight  
Don't close my eyes  
I fear that death  
Will come collecting tonight  
Distracted ruins  
Oh can't you see?  
I'm nervous, frightened,  
Tormented by everything  
You'll never know  
Just what it's like  
You can't imagine  
What's disturbing,  
What is eating my mind  
In constant paranoia  
Keeps me looking over my shoulder  
I'm hiding 'til the fear is over  
Running down the street  
I'll never look to see just what it might be  
That I fear so much  
In my life,  
Or in my death  
Doctor, help me  
At any cost  
Please make it go away  
Before I am totally lost  
Inside a shell and locked away  
No fear can touch me  
When I scream,  
None can hear what I say  
But is it gone, or did it stay?  
My phobophobic thoughts  
God, will they ever go away?  
And leave me be, I doubt they will  
The disease of fear has got me  
And it's in for the kill  
The fracture of my mind  
It will destroy me slowly  
In the end, I lay there breathless

Six feet under, dirt will cover  
The headstone reads  
His was a frantic mind,  
Less human being  
Destroyed by fear  
Of everything that could be I've witnessed fear  
For all it's worth  
I can't imagine someone  
Causing its own birth  
The human hell  
Or so we say  
But is it fear the only  
Thing that we are prey? In life, not death  
Define to me  
A state of coldness life  
Where I can be free  
Of mortal choice  
Burden of life  
A questioned fate of fear  
Or am I to die? I've seen now some of what  
I've done done  
A disease now once delivered  
On those poor souls I pressure on  
Unearthly cold they shiver  
Insertion of fear a blood lacing tear  
I draw from cowards breaking  
Psychiatrists I tie in knots  
This mind in fear is taken... Doctor, help me  
At any cost  
Please make it go away  
Before I am totally lost  
Inside a shell and locked away  
No fear can touch me  
When I scream,  
None can hear what I say But is it gone, or did it stay?  
My phobophobic thoughts  
God, will they ever go away?  
And leave me be, I doubt they will  
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