Panic Attack

7SECONDS

All wound up on the edge
Terrified
Sleep disturbed restless mind
PetrifiedBouts of fear permeate
All I see
Heightening nervousness
Threatens meI am paralyzed
So afraid to dieCaught off guard warning signs
Never show
Tension strikes choking me
Worries growWhy 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 uptightRapid heartbeat pounding through my chest
Agitated body in distress
I feel like I'm in danger
Daily life is strangled by my stressA stifling surge
Shooting through all my veins
Extreme apprehension
Suddenly I'm insaneLost all hope for redemption
A grave situation desperate at bestWhy 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 reelingHelpless hysteria
A false sense of urgency
Trapped in my phobia
Possessed by anxietyRun
Try to hide
Overwhelmed
By this complex deliriumHelpless hysteria
A false sense of urgency
Trapped in my phobia
Possessed by anxietyRun
Try to hide
Overwhelmed
By this complex delirium

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