

# 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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