

# Panic Attack

## Nasty Cats

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  
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Try to hide  
Overwhelmed  
By this complex delirium