

# Panic Attack

Dream Theater

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