

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

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