## **Panic Cycle**

## **Imperative Reaction**

The room is spinning upside down
No air to make a sound
There is nothing I can do
It's searing touch upon my skin
Lets me know it will begin
I'm in its hands now

It's pulling tighter on the noose
Pumping concrete through my veins
No way to get out of these fucking chains
But giving in just makes it worse
No way to reverse this pain

I'm in the panic cycle
Pulled out too far from the shore
And I'm drowning again
The noise is ringing in my ears
Lying paralyzed by fear
There is nothing I can do
Its sharpened claws digging in
Tearing through me once again
Unable to fight it

It's pulling tighter on the noose
Pumping concrete through my veins
No way to get out of these fucking chains
But giving in just makes it worse
No way to reverse this pain