

## 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