

I don't remember the first time
But I think I survived
Probably better not to try to recall cause it feeds
it, yea it keeps it alive
There are specific things
That I have to do
Day to day just to keep it at bay
You wouldn't believe it if you knew

Oh no, this isn't real

Here's a little secret
Here's the best part
This is gonna take me right back to the start
If I can't hear it
If it's out of mind
Wait until it settles
Comes around a second time

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I can feel it loom up into my head
It is in the room
Panicking in bed
I feel it coming on
Taking over view
Oh please not tonight There's nothing I can do

This is bigger than me
This is in my fear
This is pitiful
I just disappear
Swells up all around me
Swallows up inside
Sell my senses if it would make this subside
I can barely handle
I can pass the time
Staring through the curtains up into the sky
Where there is no depth perception
Keep preoccupied: self deception
Nobody recognises
It doesn't have a name
My brother is infected; he's acting just the same
Screaming like a siren, up and down the hall

He just wants to stop it
He wants to end it all I am just a child
I have nothing more than the basic function I am
running from
I curl up and wallow
My distortion
Everything is disproportion
Suddenly I wake
All is back again
Everything is closer
Morning is the same
And I can't hear it; it's way out of mind
I will just forget this till the next time