

Panic Attack

The Vaccines

Wrap me up in hammered velvet
Hide under the sheets with me
Get into the television
Sugarcoat Reality
Paralysing trepidation
I'm beaten by anxiety
Lift the weight of the world that is hanging on me

It's got my body shaking
I'm hiding in my room
It put me out and on my back
Panic attack

You know simply optimistic
and altogether overcome with self-destructive irritation
I resented everyone
I was always well-adjusted
but I'm going down a rabbit hole
further and further and further out of control

And now I'm feeling dizzy
And I'm giving up
I shut my eyes, the room went black
Panic attack

It is all-consuming
And now I can't be fucked
My legs give up and I fall back
Panic attack, panic attack