

Panic Attacks

Icon for Hire

I'm sorry I'm here again
I'm sorry I'm starting to wear again
Sorry you're tired of hearing it
I'm tired of carrying all the comparison
Sorry I'm feeling it
I'm sorry I suck at concealing it
If I were real with you I'd tell it all
If you were real with me you'd tell me
You don't think I'm real at all

So who do you think you are?
Without me you're nothing
Don't mean to cause no alarm
But I'm all you got
You treat me like you forgot
How we got started
Now I'm discarded
Not sure what I did but I don't belong here
If you don't need me I'll hang back
But you're gonna feel me when the panic attacks

Yeah, remember that?
You and me, see, we go way back
Had your best interest, had your back
But you weren't interested in that
And I do my best to shut up
'Cause that's all you ever try to tell me when I come up
So I stay in the basement and try to hold the breakdowns back
But the basic math says this won't last

How much longer do you think you have
One of these days you'll totally crash
You'll look at me like, "What just happened?"
That's what I've been trying to keep from happening
So I keep you happy, I keep you happy
'Til someday suddenly sadly
You're snapping

Oh and the tiniest crack
Spreads like fire, shatters the glass
You try holding it back
But beggars can't choose when the panic attacks

I'm sorry I'm sensitive
But not really sorry 'cause you're just pretending it ain't what it is
Ain't what we are
Like you think you really got us this far
And that's all in spite of me
Really now?
And you wish I wasn't here
Really now?
Gave you the warnings, gave the signs
You just ignore me, pay me no mind

You left me no options I gotta stop this
Can't have you thinking that you really got this
Not sabotaging just trying to caution

You before you put us straight in the coffin
I'll make you nauseous feel like you lost it
Head to the basement make you my hostage
For so many years I couldn't stop it
Now I'll make you feel like I feel I promise

Oh and the tiniest crack
Spreads like fire, shatters the glass
You try holding it back
But beggars can't choose when the panic attacks
Oh and just the tiniest crack
Can break you into pieces just like that
There's no holding it back
'Cause beggars can't choose when the panic attacks

I'm sorry I'm sorry I'm sorry

I'm sorry I doubted you
Sorry I made you shut up
I couldn't face the truth
It scared me too much
So I kept you locked up
'Cause I didn't know
Know that I needed you
'Til you let me know

I'm sorry I doubted you
I'm sorry I made you shut up
I couldn't face the truth
'Cause it scared me too much
So I kept you locked up
'Cause I didn't know
Know that I needed you
But I do now

Oh and the tiniest crack
Spreads like fire, shatters the glass
You try holding it back
But beggars can't choose when the panic attacks
Oh and just the tiniest crack
Can break you into pieces just like that
There's no holding it back
'Cause beggars can't choose when the panic attacks