

The silence brings a panic  
It fills the empty space  
To feed this paranoia  
Trapped in a mental cage  
The rough and jagged edges  
That line this feeble state  
Prevent my hands from gripping  
Oh, how they shake

This is a warzone  
This is a warzone

A hurricane of anger  
The howling winds of rage  
An ocean of confusion  
The storm inside of me  
Slowly losing control  
Desperate for a glimpse of hope

This is a warzone

The seconds feel like hours  
The minutes pass like days  
Begin to count down from ten  
And don't forget to

Breathe in tranquility  
Breathe in serenity  
Breathe in a sense of relief  
Before it escapes  
Before it escapes  
Before it escapes

This is a warzone  
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This is a warzone

I am fighting, I am fighting back  
I am fighting, I am fighting back  
I am fighting, I am fighting back  
I am fighting, I am fighting back  
I am fighting back