I can't catch a breath Walls are closing in, I'm in a sweat Searching for a light But everywhere I reach, I feel a bite Terror running in my head Creeping through my veins, I want to get so far away, oh I can't keep a step Ground is falling out, I'm in a web Body tensing up I can't kick the fear, it's like a drug Will I ever feel the light? This can't be the end, I just don't know how to break, oh Oh God, it's heavy This ocean of alarm Don't leave me buried I can't be good as gone Oh God, it's heavy This ocean of uncalm Can I be carried Before I'm good as... I can't hear a sound For crying out loud, I'm going down Silence is a curse Get a little bit, but then I'm worse I just want to feel alive But everywhere I turn I just feel so out of phase, oh Oh God, it's heavy This ocean of alarm Don't leave me buried I can't be good as gone Oh God, it's heavy This ocean of uncalm Can I be carried Before I'm good as... gone I wear the burden of a thousand proofs The weight is real and you're out of view Can this affliction be mine to lose? I wear the burden of a thousand proofs Just take it all, it all, it all, it all, it all, it all, it all Just lift it all, it all It's going on, and on, and on, and on, and on, and on, oh! Oh God, it's heavy This ocean of alarm But I won't stay buried That ghost is good as gone Oh God, it's heavy This ocean of uncalm It's yours to carry

That ghost is good as...