Fear is inside me
It's a fire burning me up
And when I'm outside it finds me
It knows where I am
Yeah

Somersault in my belly
It's a weight so heavy
Am I on the floor again?
Get back up again
It feeds on my worry
It feeds enough on my worry
I just miss being happy

It's the fear of the fear That's worse than the fear itself It's the fear of the fear of the fear itself

I was never ready
Made me feel unsteady
It's a fire burning me up
I'm so scared
I'm so scared, it kinda feels unfair

Somersault in my belly
It's a weight so heavy
Am I on the floor again?
Get back up again
It feeds on my worry
It feeds enough on my worry
I just miss being happy

It's the fear of the fear
That's a worse than the fear itself
I wanna go back to who I was before this feeling
It's the fear of the fear of the fear of the fear itself
I wanna go back to who I was before this feeling
It's the fear of the fear
That's a worse than the fear itself
I wanna go back to who I was before this feeling
It's the fear of the fear of the fear itself
I wanna go back to who I was before this feeling