

Worry Seed

Free Throw

All of a sudden
My head is getting light
I'm not feeling right
Inner monologue floods in
Jaw is clenching tight
And I can't stand up, so
Undo all of my logic
And as dread creeps in, my ego fades

My heart is pounding out of my chest
My legs won't rest, I'm dripping with sweat
I think I'm fucking dying
I think I'm fucking dying
I know that it's all in my head
But the cold hard truth is that we all end up dead
And I think I'm fucking dying
I think I'm fucking dying now
Right now

Wish my heart rate would slow down
It's getting old now, this showdown
It's like a heart attack's inbound
Fear is profound, I'm unwound
Run through a checklist of symptoms
And a few convince me I'm shutting down

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My legs won't rest, I'm dripping with sweat
I think I'm fucking dying
I think I'm fucking dying
I know that it's all in my head
But the cold hard truth is that we all end up dead
And I think I'm fucking dying now

And I feel so weak
I think this soon will pass
So, I need to breathe
And say this soon will pass

It's a duel between logic and dread
And the fact is I know that we all end up dead someday