

## 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

My heart's 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 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