It's 2 AM in the darkness
And I'm awake in my bed
But the silence is raging
Like a panic in my head
It's my own prison locked away in my anxiety
This whole thing's broken, I'm losing the fight inside of me

So I'm all up in my head again Feeling alone in a crowded room I can feel the pressure Heart rate is elevated I don't know what to do

Oh, I need some kind of breakthrough Oh, This can't go on forever

I'm not giving up on you
I'm still searching for the truth
I just need you to be
To be my breakthrough

It's 3 AM and I still can't sleep
Lost in the static again
I feel the silence invade me
It's deafening instead

Can't you see I'm locked away in my anxiety Yeah I still feel like I'm losing this fight inside of me

So I try to clear my head again Feeling alone in a crowded world I can feel the pressure And now my mind is racing Can't take it anymore

I am holding on Yeah I'm trying just to make it through And I want nothing more Than to trust my heart with you

But I can't hide from all my pain And fight the chaos in my brain I know you said you'd never leave So why can't I feel you with me?

I'm not giving up on you
I'm still searching for the truth
I know you said you'd never leave
I just need you to be
To be my breakthrough