Panic Attack

Langhorne Slim

I called a healthcare professional
Wanna speak to someone confidentially
Don't know just how I'm feelin'
But I'm feelin' feelings exponentially

A calm voice started asking questions
I said Ma'am I was hoping for advice
I'm feelin' lots of feelings
Not a single one of them feels nice

She said, do you ever think about dying
I said no but sometimes I lie
And do you wanna live?
I said yes but I feel like shit
On a scale of one to ten do you feel anxious
On a scale of one to ten do you feel scared
I said I'm feelin' lots of feelings
And for some reason I cut my hair

Sometimes my skin starts crawling
Sometimes the creature's calling
Sometimes the walls start caving in
Sometimes I feel isolated
Sometimes I feel so small
Sometimes I get irritated
Right now I feel it all

She spoke and I tried to listen
Said son, there may be no cure
But I swear that life's worth living
It's the only thing worth living for
To my friends in the same position
I wish there was a cure
But I know that life's worth living
It's the only thing worth living for

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