

# Panic Attack

Liza Anne

Keep my head down and in my hands  
My eyes move slowly side to side  
I'm fading in and out of consciousness  
I never learned to pull myself  
Out of my own damn head  
Shoulders caved in to protect  
All of my insides from falling out  
Of the hole above my neck  
I'm feeling light in my head  
Somebody come close  
I just wanna be alone

This feels like a hot summer night  
In a turtle neck  
I think I wanna die  
But I guess I know I'm fine  
Oh God, tell me is it over yet?

My words disappear on a dry tongue  
And I am trying to let you know it  
But I am drowning by the moment  
I guess I've been having trouble sleeping  
But now I'm having trouble breathing  
And I hate that I can be seen like this

This feels like a hot summer night  
In a turtle neck  
I think I wanna die  
But I guess I know I'm fine  
Oh God, tell me is it over yet?  
Over yet?

Think slowly, try to remember I'm alive  
My body is here and I am inside  
Think slowly, try to remember I'm alive  
My body is here and I am inside  
Think slowly, try to remember I'm alive  
My body is here and I am inside  
Think slowly, try to remember I'm alive  
My body is here and I am inside  
Think slowly, try to remember I'm alive  
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