

Hold on, calm down  
This will all be over any minute now  
You're fine, you're good  
I'd shrug you off, but I'd believe you if I could

I'm just panicking, I feel it in my heart now  
I'm freaking myself out, I'm keeping my head down  
I'm just panicking, I'm losing my own sight now  
I'm freaking myself out, I'm keeping my head down

(Down, down, do-down)  
(Down, down, down, down, down, down)

It's 2 a.m. and I'm surrounded, but I feel alone  
It's 2 a.m., I need to go outside, have a smoke  
It's 2 a.m. and I'm surrounded, but I feel alone  
It's 2 a.m., I need to go outside, have a smoke

Breathe in, breathe out  
I'm fine now  
Pass out, wake up  
Your words are kind, but they're just not enough

I'm just panicking, I feel it in my heart now  
I'm freaking myself out, I'm keeping my head down  
I'm just panicking, I'm losing my own sight now  
I'm freaking the fuck out, I'm keeping my head down

I'm just panicking, I feel it in my heart now  
I'm freaking the fuck out, I'm keeping my head down  
I'm panicking, I feel it in my heart now  
I feel it in my heart now, I feel it in my heart now

(Down, down, do-down)  
(Down, down, down, down, down, down)

It's 2 a.m. and I'm surrounded, but I feel alone  
It's 2 a.m., I need to go outside, have a smoke