

Panic Attack

VEXED

Panic attack, panic attack
Spiralling past the point of ever coming back
Flash back, flash back
Losing control of my mind in an instant

Have you tried this, have you tried that
Ever thought about trying not to be upset
Ever thought about shutting up
Just block it out, put on a smile
Everyone gets sad once in a while
Thanks for the advice
I'm going cold, I'm going numb
Got pins and needles on my tongue
Everything is going black
I'll never be the same again
Fearing for my life, I can't pretend
Every day ain't torture

Crashing down
Never coming out
Of this prison I created for myself
No way out
Can you hear the sound
Of my heart palpitating through my chest

Breathe, just breathe
Breathe, just breathe

Everybody dies, everybody leaves
No one gives a fuck if you need to grieve
Life has to carry on
I wish I could say I'm doing well
But no one cares so I never tell
The terrifying truth
I'm all alone, I'm traumatised
Not a single fucking day passes by
Without me breaking down
I understand you don't wanna hear
When a person's life is ruled by fear
But I am broken

Crashing down
Never coming out
Of this prison I've created for myself
No way out
Can you hear the sound
Of my heart palpitating through my chest
I'm consumed
With the thought of you
And all the things I should have said and done
Life is cruel
Death is just the fuel
That feeds the fear we try to overcome

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