

# Dream Theater, Panic Attack

All wound up  
On the edge  
Terrified

Sleep disturbed  
Restless mind  
Petrified

Bouts of fear  
Permeate  
All I see

Heightening  
Nervousness  
Threatens me

I am paralyzed  
So afraid to die

Caught off guard  
Warning signs  
Never show

Tension strikes  
Choking me  
Worries grow

Why do I feel so numb  
Is it something to do with where I come from  
Should this be fight or flight  
I don't know why I'm constantly so uptight

Rapid heartbeat pounding through my chest  
Agitated body in distress  
I feel like I'm in danger  
Daily life is strangled by my stress

A stifling surge  
Shooting through all my veins  
Extreme apprehension  
Suddenly I'm insane  
Lost all hope for redemption  
A grave situation desperate at best

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Is it something to do with where I come from  
Should this be fight or flight  
I don't know why I'm constantly reeling

Helpless hysteria  
A false sense of urgency  
Trapped in my phobia  
Possessed by anxiety

Run  
Try to hide  
Overwhelmed by this complex delirium

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