## 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

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 reeling

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

Run Try to hide Overwhelmed by this complex delirium

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

Run

Try to hide Overwhelmed by this complex delirium