

# Van Hudgens, Afraid

Just when it's getting good  
I slowly start to freeze  
Just when it's feeling real I put my heart to sleep  
It's the memory I can see  
Then this fear comes over me  
Understand that I don't mean  
To push you away from me  
[Chorus]  
Why am I so afraid to crash down and lose my heart  
again  
I don't know, I can't see, what's come over me  
Why am I so afraid to break down and lose my mind  
again  
I don't know, I can't see, what's come over me  
You got a way of easing me out of myself  
I can't stay but I can't leave, I am my worst enemy  
Please understand that its not you it's what I do  
Just when I'm about to run I realize what I've become  
[Chorus]  
Why am I so afraid to crash down and lose my heart  
again  
I don't know, I can't see, what's come over me  
Why am I so afraid to break down and lose my mind  
again  
I don't know, I can't see, what's come over me  
Now I wonder what you think of me  
Don't kow why I break so easily  
All my fears are armed surrounding me  
I can't get no sleep  
I keep runnin in circles around you  
Are you the trap I wanna fall into??  
[Chorus]  
Why am I so afraid to crash down and lose my heart  
again  
I don't know, I can't see, what's come over me  
Why am I so afraid to break down and lose my mind  
again  
I don't know, I can't see, what's come over me