

7 Seconds "Panic Attack"

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PANIC ATTACK

I thought it was over
I thought I was dying
Told myself I could get past the depression
There was no water
Yet I was still drowning
Head full of cotton
No, nothing was working
(Chorus)
A part of me that never goes away
I feel it's presence every single day
Someday I'll find a way to break free from anxiety
I've had this on my back for years
This dread I'm felling, dread I fear
I'll figure out a way to break free from anxiety

So dizzy, unfocused
I had trouble breathing
Afraid all alone and to be around others
The pain seemed so real
But it's hard to fathom
It's not in my body; it's all fucking mental

(Chorus)

No time for the mind to wander
Won't cave into the weight I'm under
Small steps but I'm moving forward

(Chorus)

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