

Overbearing panic attack entrenching my veins
In an hour I'll be okay
I pray this pain will go away permanently someday
I've seen more than
I should have to
I've seen this on my own

This song is a poem to myself
It helps me to live
In case of fire, break the glass
And move on into your own, your own

Reoccurring drowning effect entrenching my brain
I hope you'll be okay someday
So I can say that you moved on in the right way
We've seen this and
We've breathed this and
We've lived this on our own

This song is a poem to myself
It helps me to live
In case of fire, break the glass
And move on into your own

This song is a poem to myself
It helps me to live
In case of fire, break the glass
And move on into your own, your own

Break!

This song is a poem to myself
It helps me to live
In case of fire, break the glass
And move on into your own

This song is a poem to myself
It helps me to live
In case of fire, break the glass
And move on into your own, your own
Your own, your own