Paralyzed in Fear © 2026 Jhana Matthews

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Genre of Music: Hard Rock, Soft Rock, Pop-Rock

Song via: Suno

Paralyzed in Fear



[Intro]
There is something I want to tell you

But what happens if I do
Will you walk away?
Or will you stay?

[Verse 1]
I practice telling you
How I feel
But somehow, I lose my nerve

[Pre-chorus]
Will you understand the fears I hide?
Silence is the way I speak.
My voice shakes when I try to talk
What if you hear the truth this time?
Will you walk away?
Or will you stay?

[Chorus]
I'm paralyzed in fear
Will you laugh at the parts I hide?
Or will you still hold my heart?

[Verse 2]
I don't know what to do
When you touch me,
Can you tell how nervous I am?
What if I do something wrong?
Will you laugh if I ask you how?

[Pre-chorus]

Will you understand the fears I hide?
Silence is the way I speak.
My voice shakes when I try to talk
What if you hear the truth this time?
Will you walk away?
Or will you stay?

[Chorus]
I’m paralyzed in fear
Will you laugh at the parts I hide?
Or will you still hold my heart?

[Bridge]
What if someone else gives you more than I can
What if you are tired of waiting?
Will you leave if I’m not ready?
Do you wish I was someone else?
Because I keep imagining you walking away.
What would I say to make you stay?

[Pre-chorus]
Will you understand the fears I hide?
Silence is the way I speak.
My voice shakes when I try to talk
What if you hear the truth this time?
Will you walk away?
Or will you stay?

[Chorus]
I’m paralyzed in fear

Will you laugh at the parts I hide?
Or will you still hold my heart?

[Final Chorus]
I told you how I feel
Now I am nervous that you will disappear
I want you near, but I'm still afraid.

You listened when I thought you'd laugh
I'm still nervous, but I can tell you anything
I want to try when I feel ready
Now I don't have to hide every feeling

[Outro]
There is something I want to tell you
But what happens if I do
Will you walk away?
Or will you stay?

Now you know why I pull away
Now I can admit how I feel
And hope that you'll stay

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