

Anxious (Joseph LeDoux)

I'm biting my nails and grinding my teeth
I'm pacing the floor I can't sleep
I'm hurried and worried and preoccupied
I'm nervous and cranky and self criticized
It sucks (to be) anxious

Benzos SSRIs, my my, my oh my
Not perfect but OK
They help me see the way
Get me through the day
At least that's what they say

Wake up from the deep
Arouse from medicated sleep
No time to stop and weep
Another day is about to sweep

Into my life in a flash
Will I make it or crash
Into the day I dash
Will I mesh or be mashed

CBT and EMDR
Reduce the pain and heal the scars
Analysis to dig deep R
Root out the memories from dream sleep

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Hesitation, trepidation panic and fear
Consternation, fright, remorse and tears
Hypochorndria, shame, dread and regret
You can see why I'm upset
Anxious, it sucks

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Get me through the day
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Once Bitten, Twice Shy (Joseph LeDoux and Colin Dempsey)

Once bitten twice shy
I want you baby but you've got to try
To convince me not to fly
Away from you as far as I can be

We had our moments bad and good
They weren't so bad cause we understood
There was always something we could do
To make things better for me and you ah ha

Once bitten twice shy,
I want you baby but you've got to try
To convince me not to fly
Away from you as far as I can beeeee

But then you threw us a curve
You saw that guy who didn't deserve
A girl like you with grit and nerve
With smarts and poise and lots of verve ah ha

Once bitten twice shy,
I want you baby but you've got to try
To convince me not to fly
Away from you as far as I can be
Away from you as far as I can be
Away from you as far as I can be

In Harm's Way (Joseph LeDoux)

You can jump you can dance you can wiggle or prance
But it's hard to get out of harm's way
You can run , you can fly, you can swim or lie
But it's hard to get out of harm's way

There's always something that gets your heart a pumping
That spins your head and makes your face turn red
It quickens your breath and makes you perspire
it tightens your neck and sets your nerves on fire

You can scream, you can cry or pretend to die
But it's hard to get out of harm's way
You can spit, you can holler and try to look taller
But it's hard to get out of harm's way

There's always something that gets your heart a pumping
That spins your head and makes your face turn red
It quickens your breath and makes you perspire
it tightens your neck and sets your nerves on fire

You can fake, you can bluff, and try to look tough
But it's hard to stay out of harm's way
You can't look shy if you want survive
Cause it's hard to stay out of harm's way

Yes it's hard to stay out of harm's way
Well it's hard to stay out of harm's way
Oh it's hard to stay out of harm's way

Mind of Your Own (Amanda Thorpe, Joseph LeDoux)

I keep asking you, telling you, guiding you, leading you
I keep urging you, wishing you, hoping you will listen too
But babe you've got a mind of your own
Babe you've got a mind of your own

What do I have to do, to keep hold of you, stay near to you, watch over you
I'm still begging you, trying to, make sense of you, the things that you do
But babe you've got a mind of your own
But babe you've got a mind of your own

Oh let me into the world you descend into (*oh let me into your world...*)
Where you can't find away, lost in a mind of your ... (*and that mind of your own*)
I'd be your life line, your light, and your safety raft (*I'd be your light we*)
we'd turn around and go sailing in sunset hues (*we could go sailing*)
here in this mind of my own here in this mind of my own (*here in this mind of my own*)

All that I want of you is that you learn how to (*all that I want of you*)
trust that I'm here for you there's not much more that I can (*trust that I'm here for you*)
do as a life line, a light, or your safety raft, when you are drifting fast, there's not much more that I can
do (*there's not much more I can*)

Here in this mind of my own
Here in this mind of my own
Here in this mind of my own

Maybe I Lost My Mind (Joseph LeDoux)

Maybe I've lost my mind, or maybe that's something I could never find
Maybe I've lost my nerve, or maybe that's something I didn't deserve
Maybe I've crossed a line, or maybe I was just left behind

If you see me falling don't stand in the way
If you see me crawling don't try to say
Anything Nothing Nothing No Nothing at all

Maybe I told some lies, or maybe I was just being wry
Maybe I forgot my youth, or maybe I just dreamed the truth
Maybe I jumped the gun, or maybe I was just having fun

If you see me falling don't stand in the way
If you see me crawling don't try to say
Anything Nothing Nothing No Nothing at all

Maybe I've lost my mind, or maybe that's something I could never find
Maybe I've lost my nerve, or maybe that's something I didn't deserve
Maybe I've jumped the gun, or maybe I was just having fun

If you see me falling don't stand in the way
If you see me crawling don't try to say
Anything, nothing, nothing, no nothing at all
Nothing, nothing, nothing, no nothing at all

What It Is to Be (Joseph LeDoux)

They say it's hard to figure out
Those special things that we're about
We've got flesh and bone, heart and brain
But is that all that we can claim

Is there something else, we can call our own
That stays with us once we're gone
Or do we just, die with our brain
When we stop feeling fear and hope, love and pain

We feel the present, we remember our past
We see our future, and we hope we last
To be is to know and feel, and that's truth
But to know the truth you've got to, search and sleuth

It's easy to test, how neurons work
How we see and hear, how muscles jerk
But it's a hard mystery
To understand what it is to be

We are really, just things of this world
In space and time we each unfurl
Someday scientists will reveal
Just what it means to know and to feel