You're currently falling under the water.

You reach out, stretching out your diving suit as you try to avoid getting sucked into the underwater trench. But nothing seems to work. Frantically, you stretch out your hands, trying to get out of this, but you can't seem to swim upwards. At least there's a tether attaching you to the surface—that should help you. Right?

But as you fall, the shadows shift and engulf your body, surrounding you in darkness. Blackness engulfs your vision more and more, until it completely surrounds you, utterly filling your vision. The water pressure increases the deeper you go, and it squeezes around your body—and around your face mask. You can hear the glass around your head starting to crack. It's the only thing you can hear. Shit, this isn't good. . . This isn't good at all. . .

How are you going to get out of this one?