

Anxiety

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You all talk about anxiety like you know how it really feels,
But not all of you do.
It tears you apart.
Constantly keeping you from doing the things you love.
Nagging you on and on, not to leave the house
In fear of this or that happening.
Afraid.
No, not the type of afraid you feel while watching a horror movie.
The kind of afraid you can't put into words.
The things others do everyday,
send chills up your spine.
Timid.
A tsunami of emotions
Crashes over you
And you can't get 'em to leave you alone.
You feel your stomach
It's this feeling,
Of it spinning in circles.
At 75 miles per hour.
But you'll be alright.
Finally one day,
You get to the point where you're doin' okay.
But this feeling...
You feel uneasy
Again,
but you can't say why.
Because you don't know.
And you feel your throat is tight.
And your eyes water.
And right that moment it kicks back in.
Your heart pounds
And you can't deal with being around anyone right now.
Anxiety is the feeling of wanting to run and hide,
But your feet keep you locked on the ground.
You're trapped
Inside your own mind.