

Anxiety

My heart races,

My breath intake increases,

I start sweating,

Кєcрø'f q'j k.

I have to run,

I have to hide,

The words are like poison trapped inside,

Fear consumes me,

Worry is who I really am,

Simple tasks destroy me,

Overthinking is a second nature,

Y j { 'f qpø'j g { 'w pf gtucpf .

I choke,

The words suffocate me,

Кєcрø'tgcej "qw.

Vj g { 'ecpø'j gr .

Words swirl within,

Vj g { 'y qpø'w pf gtucpf .

Vj g { ø'm'uc { 'i gv'qxgt 'k."

Vj g { 'f qpø'w pf gtucpf .

The fear consumes me,

Worry is who I really am,

I think I have anxiety,

A disease trapped inside,

Wait,

What,

P q 'k'ecpø'dg.

Maybe it is,
Kf qpø'npqy .
Help me?