

Anxiety

My heart races,
My breath intake increases,
I start sweating,
I can't do this,
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,
Why don't they understand,
I choke,
The words suffocate me,
I can't reach out,
They can't help,
Words swirl within,
They won't understand,
They'll say get over it,
They don't understand,
The fear consumes me,
Worry is who I really am,
I think I have anxiety,
A disease trapped inside,
Wait,
What,
No it can't be,

Maybe it is,
I don't know,
Help me?