

Who understands my anxiety but me?

Maddison Ramos

I am a puppet, and it my master  
I speak when it allows me  
I move when given permission  
I feel trapped inside myself  
I can't think freely because it overruns my mind  
Overrules my thoughts  
Overwhelms my feelings  
I cry because I can't do anything else  
I cry because I wish I could be free from this parasite  
These chains  
My mind  
I wish I could escape myself  
They say I should get over it  
That it's not that bad  
It'll pass  
Maybe so

But until then I'm forced to fight the ugly  
The nasty  
The terrifying  
Going on inside me  
You can't tell it's there until it pours out  
When my person is frozen  
But chaotic inside  
But I can tell  
It's always there like an annoying sibling  
That beeping sound  
All the things you can never escape  
But soon it will be white noise  
Then they ask the questions  
What's wrong?  
Are you ok?  
You want the truth? Or what I always tell people?  
It's a fight  
A battle  
A war  
It has kicked my butt time and time again  
So this time I will fight harder

