

Anxiety

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Poetry

Watch the clock;
Time is running short
And distress has come to play.
My sting, your pain.
Fear death and change,
Of Danger, Ever-present

You're dressed in ribbons and lace,
but I'll Choke you with it
Throw the knot
into your stomach.
I am an impossible
puzzle to solve.

See through my veil.
as the world withers
and the parched leaves tumble
You're frozen and breathless
Locked up within my grasp
as time slows down...

I am the ants
that crawl under your skin,
and the butterflies in your belly
Claw at us with all your might,
but you'll still be
restless

Shut out all your friends
as I restrain and cage you,
gift you sleepless nights
and phantom eyes
Watching,
always watching...

Panic
Attack
Drop dead
Fight back
Repeat
How long can you fake that smile?