

# Anxiety

**Kit Wing Fu**

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?