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Anxiety

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Footer Logo

Anxiety

Kittie Robbins

Droplets singing airily into your heart
Through gentle notes of pain and envy
As your head sinks into your pillow.
You remember what was hidden,
Those poisonous thoughts that infect your brain.
They fill your lungs with sand
And your fingers with stone.
They sink you into that empty place
That's only familiar with fear.
They make your brain collapse
Upon itself when you try to make it stop.
They take away all the air,
Tie your hands behind your head,
And fill your mouth with blood.
They don't stop until you fall
Into a restless sleep
Without nightmares
Because you know
That when you wake
The nightmare will begin again.