

Anxiety

I can feel it slowly crushing me
Every new thing is another weight added onto my shoulders
It feels like someone is pushing me down with every step I take
It's like I am bound by chains, constantly holding me back
Keeping me from doing things I wish I could

The nervous butterflies you talk about?
Well it's more like elephants for me
Kicking and stomping
Sending me thoughts like
"You're not good enough"
And "You're going to fail"

Once in awhile I feel alone
Not that I don't have support
I have the best support in the world, who is there for me always
But I would hate to be a burden
To seem like I'm complaining
To put my troubles on someone else's mind
So I just keep it inside

Sometimes it's just too much
And the dam behind my eyes breaks
The river is let free
Until I am empty and I start anew

"What if" is a constant word in my vocabulary
The doubts never cease to come
And the funny thing is
Nobody puts this pressure on me but myself
But I can't help it

I hope someday that this weight will be lifted of my shoulders
At least enough where I don't have the fear that it will crush me
But maybe it already has

And yet
I still dream of a day
When I can walk free
Without these chains
Free to be me