

Nobody can tell that i can't breathe
So I scratched at the rip in my jeans
I'm hoping that if I scratch hard enough
I'll forget what this stupid feeling means
I can't breathe
I feel it like a heaviness in my chest
Im sitting in the car
Desperately wishing that my brain would rest
Someone tries to talk to me
But i stopped paying attention seconds ago
And this cute little part of me Is my least favourite
For people to suddenly know
They never stay long after this
I'm abandoned like a broken doll
Something someone once admired
Someone for who they would never truly fall
I'm always in a car when it happens
Silly little me
I'm just sitting here
So how bad could my anxiety actually be
Then something shifts
Im falling into a boiling pool headfirst
I'm sprinting 10 miles
I'm panting from the thirst

I'm spinning in checker board circles
I'm scratching at the seat
They ask if I'm hungry
But when I'm anxious
I can never eat
I'm suffocating in fresh air
I'm slamming my head into a wall
They never stay long after this
They always remember not to call
Suddenly I'm screaming in my dreams
I'm refusing any caffeine
If they knew how hard I've fought to stay
Maybe they wouldn't be so mean
Im shaking on the floor
Rough emotion stuck in air
And i hate when this happens
They try to touch my hair
Im moving in a stopped car
I'm cemented to the past
And then of course I start crying
The frustrated tears come fast
But they never stay long after this
After I've shown too much
It has nothing to do with anything else

just my minds strong punch
It's a solo rescue mission
Always me against me
And they never stay long after this
Because I'm not who they wanted me to be
I put the window down
Because now I really can't breathe
And it doesn't make it better that I know
They're just about to leave
I tell them to pull over
I can't do it
I need to stop
It always happens so suddenly
We had just been laughing at a coffee shop
They follow close behind
They always follow at the beginning
Then they whisper goodbye
While my ears are still ringing
Im burning up from the inside
There's ants on my skin
This is what i always remember
When people ask me how I've been
There's snow on the ground
He picks it up and puts it in my hand

He helps me get up

He balances me while I stand

He whispers that “the ice is supposed to help”

Cool water cools the side of my face

My heart slows down then

I had almost forgotten it had a non panicked pace.