

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

I'm shaking on the floor

Rough emotion stuck in air

And I hate when this happens

They try to touch my hair

I'm 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

I'm 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.