"Anxiety"

By Dahlia.

Anxiety
It's the feeling of not knowing what comes next
Like when you walk into class and have a pop quiz
As you sit and wait for the paper to reach you're desks
Every second you sit more and more information leaves your brain

Anxiety
The feeling when you're at home alone
You check your phone
Who might be texting you?
You look to see and...
Nothing
You try to stay calm but you can't
your face gets hot but your body gets a chill

Anxiety
The feeling of hopelessness
when you're heart beats so fast you think it's about to explode
When you can not breathe because you're crying too much
When you feel like you're dying but in reality you are just stuck

Anxiety
Seconds feel like minutes
Minutes feel like hours
Hours feel like days
Days feel like weeks
Weeks feel like years
Years feel like an eternity
Until finally you just stop

Until you feel that then you can finally say the word