

## Anxiety

Expire

Brain melt

Note to self

Do you remember just how it felt?

Bit your tongue and you just dealt

Until it all boils over

That was your first mistake

Need I remind you

what got us here in the first place?

Anxiety

Won't let me go

So am I crazy?

Well, I don't know

I can't think straight

Anxiety gets the best of me

I take it all on the chin

Trying to figure out where the fuck it all went

Looking up from my back again