

## Chemical Imbalance

### Swollen Members

(You're going to be listening to some people on this tape today who've experienced anxiety disorder in a very real way. A lot of people have a misconception about anxiety disorder. Obsessive thinking, low self-esteem, panic attacks, anxiety, and fear.)

No question I'm prone to depression  
Throne made of stone, I am known for aggression  
Sit home get stoned, no purpose  
Become a servant, feel like I'm worthless  
Sun turn to darkness, now I'm getting nervous  
Till I make a purchase and I'm Silver Surfing  
Flying through the stars in the Milky Way  
Next day filled with guilt again  
Emptiness and sadness, used to get a lot done  
Now the Devil's in my car riding shotgun  
(Vicious cycle)  
Mad Child's back like the hot sun  
Still shining, redrum redrum

(Very uncontrollable thoughts. You're going to lose control.)

From walking on the Sun with a Pepsi bottle  
Pocket full of cash and a sexy model  
Shopping like I just won the lottery  
Then I fell down, hit the ground like pottery, smash  
(Manic episodes)  
Dope, doing drugs like a dummy  
Gained a lot of weight with a big fat tummy  
Didn't have sex, pale skin like a mummy  
Crashed the Suburban, almost killed my whole group  
God saved us, I'm telling you the whole truth  
Old dude, Clark Kent in a phone booth  
(It might scare you)  
I refuse to be old news

(People with anxiety value control immensely. You're not in control of yourself or in control of your emotions and it might scare you.)

My mind mentally a torture chamber  
Complete frustration, approach with anger  
Used to be exciting, white lightning  
Living in a nightmare quite frightening  
(Wake up)  
Aggressive performer, obsessive compulsive disorder  
Psychotic, dark product of narcotics  
I'm bleeding badly in shark waters  
Hail Marys and Our Father up in Heaven looking down on what he's not proud of  
Evil thoughts, blood, and gun powder  
Quit crowded, blue pills and white powder

(Take control of your life, take control of your fear. The things tha

t we do are fear-based. Fear and worry can be very very powerful negative forces in your life. If your anxiety is to the point where it's disrupting your lifestyle then you have a problem.)