Insecurity

There I purge my eyes I've been sleeping lights Focused on the negative Drinking every night Insecurity Insecurity I've been unanchored all of the days Everything I know fading away Crippled by anxiety I lash out at my friends Regnant ideas bloom inside Thoughts of never rest Insecurity Insecurity I've been unanchored all of the days Everything I know fading away I based my hope and value On all the wrong things Now everything's belittled And nothing has a taste It hasn't changed in decades The spirit's never left I wake it by it's screaming With a devil on my chest Insecurity Insecurity Insecurity Insecurity I've been unanchored all of the days Everything I know fading away

Therapy?