

Anxiety

Assemblage 23

A fist that hammers in my chest
A rising tide that fills my lungs
A forceful blow that takes my breath
A scavenger that steals my tongue

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An avalanche of baseless fears
A hurricane of pure distress
A steady ringing in my ears
A strange compulsion to obsess

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A monster waiting in the black
A chain of worries round my spine
Subtle as a heart attack
Debilitating by design

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