

Attention by Tahlia Gruber

Heart beating like a jackhammer

I didn't want to answer this question so I stammer

Sometimes I just want to complain, just listen, don't make a big deal out of it don't even mention

When you know someone that has anxiety and people say they just do it for attention

When you know they just want to escape

prison break

out of their mind

and hide

How is that for attention?

They want to be alone, not in a crowd of people asking what's wrong every second

At least in my mind, you and I are on a team against myself

Don't give me attention, don't give me help

Please put an invisibility cloak over me

My mind is my enemy

I'm not stressing, I'm just afraid of your disappointment

Because I'm just trying to make everyone else happy and I don't know what I want yet

That fear when you hear footsteps towards you but you know you've done nothing wrong

I don't want to be seen as weak but one day I'm going to break, inside I'm not so strong

Expectations, emotions, on edge, alert, anxious, always