

## Taking over- this is a poem i've written about my anxiety problem

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Taking over

I walk down the street

I feel the pavement beneath my feet

But there's nothing I can do to stop

My heart from racing

My mind from panicking

All about nothing

It is taking over

If I had a four leafed clover

I still wouldn't have good luck

It is not written in my life's rule book

I've battled and I've fought

Â I've used strategies that I've been taught

But still it only seems

That the harder that I try

The more it makes me want to cry

When my tries fail

But I'm glad that I am still here to tell the tale

Â I will be a survivor

From now on I'm taking over

My life is mine to live

And live is what I'll do

I'll keep tearing at this wall of pain

One day I willÂ breakthrough