

My hands start to shake like an unsteady bridge

**As I sink into the sheets of my bed**

My brain won't turn off

**With the tidal waves crashing upon the shore**

And I lay there paralyzed in my own fear

**There's a pit in my stomach**

The sprinters in the maze of my mind run wild

**As the water drags me down**

I can feel the heel of the shoe slowly slipping

**Maybe I should let myself drown?**

**I have no motivation to get up and live my life**

I'm overwhelmed, trapped, and haunted by fear

**I have nobody to blame but myself**

I created this fear

**I am unworthy of the love I receive**

What am I even doing here?

**I hate myself**

...I hate myself.