

When the Other Shoe Falls

Anxiety is the fear of what's to come.

The fear of the unknown.

The compulsive need to be liked.

Dying to be accepted.

The judgement of my peers swallowing me whole.

The thoughts running through my head at 200 miles a minute.

They are sprinters in the maze of my mind.

My hands start to shake like an unsteady bridge trying to hold the collective weight of a thousand cars.

I'm drenched in my own sweat in a matter of seconds.

I'm overwhelmed, trapped, and haunted by fear.

The fears of what may or may not even happen. The fears which have been instilled in me.

They're engraved in my mind. I don't know anything else.

When things start to go good I wonder how long it'll be until the other shoe falls.

I can feel the heel of the shoe slowly slipping.

Paranoia.

Driving yourself insane knowing that you don't know what's to come.

Knowing that something's coming. But not knowing what.

Knowing you can't stop it.

It's out of your control.

There's nothing you can do.

It's a vicious, never-ending cycle.

Being convinced that everyone hates you.

Slowly losing sanity.

I can feel the heel of the shoe slowly slipping.

Restlessness.

My mind won't quit racing.

I can't "just stop thinking about it".

I can't "just focus on something else".

I can't "just think positive".

It doesn't work like that.

It's like tidal waves crashing upon me.

I can feel the weight pulling me down.

Leaving me bruised and broken.

It's damaging.

It's hell.

And it's so damn draining.

The fears that I have are displayed out in front of me and I lay there paralysed in my own terror.

The terror that I created.

The terror manifested by fear.

It all started with fear.

I can feel the heel of the shoe slowly slipping.

But no matter how draining.

No matter how awful.

No matter the struggles.

I can't let the shoe fall.

I won't let it fall.

I must learn to find my peace.

In a piece of me.

And suddenly, the shoe stops slipping.

I've now secured it back on my foot.

I can now walk on through life.

Without fear.