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## For Those That Suffer

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## For Those That Suffer

Inhale; exhale.

A surge of electricity engulfs my brain and I am floating;  
levitation.

Inhale; exhale.

Numbness falls upon my tongue,  
my arm is a wet noodle laid upon a bed of pins and needles.  
I try with all my might to curl my toes, but the end result is frustrating and fruitless;  
paralysis.

Inhale; exhale,

like I am blowing on hot soup.  
Tears pour from my sockets and drown my face;  
I beg my body for relief, only to have it mock me in return,

Inhale; exhale.

I am a prisoner trapped within the walls of my beating heart,  
I am a prisoner trapped between numb lips and incoherent speech.

Inhale; exhale.

I tell myself my adrenal system is overloaded,  
I tell myself no one has ever died from a panic attack.  
Looking up at these hospital walls,  
while a needle pierces my skin...

Inhale; exhale.

Anxiety;  
a monster I have created and sustained for way too long.

Inhale; exhale.

I must not let it consume me,  
I must not let it control me,  
I must not let it hinder me.

Inhale, exhale.