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Choking

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Stay Away

Not a small smile
not a quick hello
not even a passing glance.
Don't look or speak in my direction
my regretful failed romance.
To see you fills my eyes with tears
to hear you puts my stomach in a knot.
If you think time has healed our wounds,
it has not.
I don't think about you anymore
or miss you constantly
but if I saw you or heard you
it might all come back to me.
So please my past love
my first heartbreak
Stay away.
For my sanity's sake.

Choking

Choking on the lies I tell myself
The lies I can't help but believe
Choking on the tears
The tears that fall for no reason at all
Choking on the fear
The constant fear of being misunderstood
Choking on the bad feelings
The bad feelings that take over
Choking on the good feelings
The feelings depression won't let me feel
Choking on the air
The air anxiety won't let me breathe freely
Choking, always choking
Mental illness grabs me by the throat and won't let go
It leaves me in an everyday battle gasping for air
Some days I win, some days I lose
Strangled by my thoughts
Choking