

Fall 12-1-2018

## Anxiety

Natalie McKenty  
*College of DuPage*

Follow this and additional works at: <https://dc.cod.edu/plr>

---

### Recommended Citation

McKenty, Natalie (2018) "Anxiety," *The Prairie Light Review*: Vol. 41 : No. 1 , Article 69.  
Available at: <https://dc.cod.edu/plr/vol41/iss1/69>

This Selection is brought to you for free and open access by the College Publications at DigitalCommons@COD. It has been accepted for inclusion in The Prairie Light Review by an authorized editor of DigitalCommons@COD. For more information, please contact [orenick@cod.edu](mailto:orenick@cod.edu).

# *Anxiety*

I am the festering wildfire  
that spreads throughout all of your limbs  
leaving you paralyzed  
destroying everything in my path as I do  
permanently altering your state of being

I am the hands that grab your throat  
pressing and pressing  
until you deflate like a balloon  
I leave bruises there  
for which you try to cover  
in the winter with scarves and turtlenecks  
in spring with long flowy locks  
that you hope never blow in the wind

and although you may hope  
the bruises will fade  
I promise you  
my fingertips will forever sear scars into your flesh  
hopefully leading you to find a rope one May

I am the same reason why  
horror movies can never do it for you  
for their poorly acted screams  
can never hold a candlestick  
to the ones I give you

every time you have a chance to be loved  
to have true intimacy  
you run away  
for you fear they will discover me  
and turn their back on you one day

you wish to run  
you wish I'd go away  
bother someone else one of these days  
but don't you see my dear  
I plague many with my frightful games  
for you're not the only one of which I play  
I just want it to seem that way

still it does not matter  
you will never get out  
in fear you will never speak of your doubts  
you will never try to truly break free  
never try to map a different route  
away from me

you say you're okay  
you pretend it's nothing  
but if you continue on that path  
I will make sure you will soon be rusting

after all I am the reason you write this damn poem  
further immortalizing my internal power I hold  
upon you

NATALIE MCKENTY