

01. Anxious

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I'm biting my nails and grinding my teeth
I'm pacing the floor I can't sleep
I'm hurried and worried and preoccupied
I'm nervous and cranky and self criticized
It sucks (to be) anxious

Benzos SSRIs, my my, my oh my
Not perfect but OK
They help me see the way
Get me through the day
At least that's what they say

Wake up from the deep
Arouse from medicated sleep
No time to stop and weep
Another day is about to sweep

Into my life in a flash
Will I make it or crash
Into the day I dash
Will I mesh or be mashed

CBT and EMDR
Reduce the pain and heal the scars
Analysis to dig deep R
Root out the memories from dream sleep

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Hesitation, trepidation panic and fear
Consternation, fright, remorse and tears
Hypochondria, shame, dread and regret
You can see why I'm upset
Anxious, it sucks

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