

# Smombie

Anilyst

You're addicted, this is what's happening, it's a chemical reaction... you need more of it, neural pathways are being created in the brain you want more

I don't think I'm able to leave it alone  
I really don't need it believe me I know  
But I keep fiending and fiending for more  
Feels like a demon is stealing my soul  
Pray for the day that I'm seeing it go  
But I keep feeding it seeing it grow  
Every time I use it its leaving me low  
Cause I get weaker the deeper I go  
I've been abusing it man I admit it  
Cause I gotta use it every damn five minutes  
I'ma keep it real cause Seff is never synthetic  
Every time I use it I'm always feeling pathetic

Then I just regret it  
Then I get a headache  
Like I do I need a medic?  
Is anyone sympathetic?  
Ya'll get on my nerves cause you don't give me my credit  
Even though I'm hurt I'm acting like I don't sweat it

Addiction is a global epidemic. Whether it's drugs, alcohol, sex, gambling, food or even shopping. Addiction can destroy careers, families, even individuals

I was told this would boost my career  
And it did but now I'm severely addicted plus losing interest in things I love which brings me to tears

This drug fills me with fears  
I've been stuck on this shit for years  
It appears that all of my peers are also addicted symptoms are clear  
My mind stays feeling scared  
Its like I'm hyper aware  
When I sleep the nightmares appear  
Cause I got bad luck like I'm breaking mirrors  
I've been feeling low with no ambition  
I've been all alone in this position  
I've been hopeless like my soul is missing  
I just wrote this hoping ya'll could listen  
This is not no opioid addiction  
This does not require no prescription  
This does not rely on no syringes  
Mind control, that's why I'm so defenseless  
I can't focus I'm just sorta restless  
I just know the hi's and low's are endless  
I feel like my mind is so obsessive  
Why do I feel like I'm just so helpless?

For every like or share or engagement or any comment, or any type of interaction that you get, dopamine is pumped around the brain... you feel good, instant gratification you got some engagement

I want instant gratification  
My iPhone's packed with applications

I just think I'm lacking patience cause this phone I'm holding has me anxious  
I use it for navigation  
I use it for masturbation  
I use it for mad durations  
The fact is it ruined my past relations  
I can't go on a damn vacation without having to tag a damn location  
I wish life was back to basics and I just wish I was half as anxious  
Am I a mess?  
Demons in my brain I suppress  
People seem to say I'm depressed cause my DNA is now iOS  
I'm nauseous, I think I might vomit  
I'm feeling like garbage  
I need some likes and comments, I'm honest, I really did try to stop this  
Caution, I think I lost my conscious  
Why do I feel like my thoughts are toxic?  
I'm exhausted, I'ma take this phone out my pocket and toss it!

If you think, that you spend too much time on your smartphone, you can make a positive choice to not look down, and you can choose to look up today. And the time, the time that we spend in our virtual homes, is at the expense of interaction in our real homes, in the real world. You might've called me a SMOMBIE, that's a smartphone zombie