

Anxiety

Joell Ortiz

Ok... Oh no! First I can't catch a breath
Feel the moisture as I begin to sweat
I start feeling dizzy like my balance left
And now my heart's beating like it's out my chest...
It's happening again... it's happening again...
But you can't tell nobody they gon' think you crazy...
It's happening again... it's happening again...
Just let it pass boy, you'll be good baby...

Waking up's a struggle, I used to wanna hustle
I used to want the whole world to know that I existed
Now I cuddle in the bed wit myself hoping the phone don't ring
Hoping a text don't come through, an email don't bling

I feel funny... Shouldn't I be happy? I get money
Instead I put on all new clothes and feel crummy
But I'm showing up for work like I'm A. ok
Anxiety? Who me? No way Jose...

I hide behind a smile while my mind is running wild
Nervous for no reason heart beating like a mile a minute
Where's the nearest bathroom, I'm in it
Splash some water on my face, wipe it dry, let's get it...

That's my life I'm a nutshell feel like I'm going nuts well
Let's keep it on the low, can't let 'em know that you ain't upscale
I shouldn't even carry real I.D.
Forgot what it feels like to really feel like me...

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Sometimes I hear a song and wanna cry
It brings me to before I was this guy and puts water in my eyes
I keep my faith strong, if there's a lord up in the sky
I pray that I feel happy one more time, before I die

I get glimpses then it's gone in an instance
Joys in front of me and then it's off in the distance
No one in my phone book I could call for assistance
Cause they won't understand what I be going through what is this?

Why won't it go away never thought I would know a day
That the ship captain started acting like a stow away
I'm thinking 'bout a meeting tomorrow with sweaty palms now
Like if I catch a panick attack, how can I calm down?

Nervous that I might feel nervous, what a vicious cycle
I see myself fading away without the vitiligo
I hit the gym and try to get off some steam
But I get anxiety just tryna pick a machine

Some pictures make me smile cause my figure was lean
And then the very next thought is I can't get in them jeans
Wish that I could go to sleep, wake up and life is sweet
But truth is I fight this beast in the middle of dreams

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