

Anxious

Vin Jay

(I don't know how much more I can take?
My thought controlling me
My fears controlling me
I'm anxious)

I've been feeling anxious
Feeling like a slave to my mind, I just wanna be free
I've been feeling anxious
And when I look around there ain't nobody feeling like me
I've been feeling anxious
Hoping that I make it through the pain, got me begging, God, please
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I'm waking up in a panic ripping my chest tight
I can't wait to see the end of all these stress nights
But I'm a soldier, so, I'mma put my best fight
And pray to God that I won't have to suffer in my next life
When ever I'm out in public I start to panic
I'm always on the edge like something is gonna happen
The worst case possible is what my mind imagines
And this shit could get triggered by the slightest interaction
It's like it always makes you focus on your biggest fears
And it reminds you that you'll never make them disappear
And when your mind is crystal clear
This shit will interfere like don't you ever try to be driven or even switching gears
I'm going ballistic, I'm broken, no one can fix it and I don't want
Physicians just tryna feed me prescriptions
The pills I've been given gon beat me into submission
Cause the chemical imbalance controlling my whole existence

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Sometimes I leave a room in the middle of conversation
All because I'm anxious and feels like my heart's racing
It feels like, I've lost all controls of this situation
Guess it's time to hit the doctor for some stronger medication
But now, I'm just sedated, I'm walking around like a zombie
A motherfucking shell of myself for carbon copy
All my days begin to blend and my memories getting spotty
So, I'm just hoping that one day I'll live in peace
I was a dreamer but I swear this shit is bittersweet
I'm nice at rapping but it's time to pick a different dream
Can't get up on the stage, I swear that thought alone just cripples me
And I'm not looking for sympathy or no love
I just hate that I'm anxious and feel like I'm giving up
When the only cure is self isolation and taking drugs
If you knew what it was like I bet you prolly wouldn't judge

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