

Hey Life

Hey anxiety

Why do you want to be friends with me?
Why do you stop me from getting sleep?
Why do you make me think of the worst?
Why do you change my reality?

Hey depression

I met your little brother sadness a lot.
I wish the empty feeling you give would stop.
I want to disappear because of you.
I wish happiness would give me a session.

Hey regret

For a while I really wish you had left.
“For what” you ask
You always resurface the moment I thought I left.

Hey body

How do you deal with everyone?
How do you feel about the scars when I'm being dumb?
How do you feel about hiding and never being in the sun?

Hey mind

Are you doing ok?
You won't have to deal with them every day
You said you “want them to stay”
“Why”
“They help you to atone for the actions you had made”

Hey feelings

Are you there?
Do you have any thoughts about the rest of me?
Do you feel overshadowed?
What is the immovable weight you under?
Why can't you speak?
What is this feeling I'm under?
Is this feeling of fear?