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## Anxiety

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## Anxiety

Sarah Sussman

Squeezed, as if between two hard stones—  
Pressed ever tighter, restricted in movement  
and tight, tight, tight.

Air—I try to breathe, but air—  
Constricted. Tight. A frantic staccato  
bursts from my chest,  
my ears ringing with invisible, shrill notes—

Danger.

All seems normal without, yet the danger remains.

*Wrong. Wrong, wrong, wrong.*

The world—danger.

The world is wrong, off.

*I am off.*

Tight. faint. heavy.

*Beat-beat. Beat-beat. BEAT-BEAT-BEAT.*

Air.

The world is normal, and I am off.