

## **Anxiety**

By Katherine de Vries

A little whisper in your head.

Though a whisper, still a shout.

What if, what if, what if?

Sometimes it's all about.

At the mall, at school, in dreams.

The thoughts rushing, whispers turn to screams.

What if? What if? What if?

Sometimes it slows but never leaves.

The whole thing leads me to believe,

What if... What if... What if...