

I need to decide
What I want for myself
Be stuck
Acting on old habits
Or
Step forward
For good
No looking back

I get better
Then I slide back
Dip my toes in the water
And then step away
I need to jump
Submerge myself
Take one last familiar breath
And dive in

Two steps forward one step back
Feels more like
One step forward two steps back
Not even baby steps
Ant steps
Not sustainable
Take too long
I want to live my life
Not watch it go by

I see everyone around me
Living
Experiencing
I'm on the sidelines
Watching life pass me by
Daydreaming about what it must be like
To go a day without
Constant worry
Overbearing anxiety

Making connections
With people I want to meet
In theory
It should be so easy
But when you isolate
And have constant negative thoughts
It's a challenge

This is what college is all about
Making connections
But no one said
How the process looks
For a worrier
So afraid of judgement
Don't initiate anything
"They have better things to do"
"They're probably busy"
Maybe next time
Next time comes
Maybe another time

But that's what you said
Last time

e.g.