

Remember is a fear  
that usually attacks  
The only thing to fear  
is not going  
for many years  
People experience  
problems It seems like  
you're the only one  
who does or knows  
Believe me you're alone  
You're crazy afraid  
Why? because  
it is a balance  
Feel hormones in the brain  
balance like they should  
have fight or flight experience  
like when you like the feeling  
you get if you almost get  
out of the house  
Remember is a fear  
a close call Whew  
what an awful feeling that is  
hope What is out there is  
one that works for you  
No one else would ever say  
try more than one  
You're alone sweetie  
I can't do I know  
accompanied by other weird  
people who aren't really  
who almost never helps

You can get  
someone you trust  
to help you get  
to a doctor Refuse to  
live another day as a slave  
Anxiety & panic You know  
you must act  
Go to the doctor  
no matter how hard  
Remember is a fear  
You haven't died from it  
it hasn't hurt you yet  
the way it makes you  
tilting you to  
have it this way  
also as I did  
When I you I want  
it done I want you  
now everywhere  
like high blood pressure  
No you're not crazy  
get sick get meds get  
purpose in your mind  
for life again Sometimes  
you aren't fine  
Make sure you tell them  
everything you believe  
you think you can Panic  
tales can help you live  
debilitating as no one can  
Remember is a fear