## **Chemical Imbalance**

## **Swollen Members**

(You're going to be listening to some people on this tape today who've experienced anxiety disorder in a very real way. A lot of people have a misconception about anxiety disorder. Obsessive thinking, low self-esteem, panic attacks, anxiety, and fear.)No question I'm prone to depression Throne made of stone, I am known for aggression Sit home get stoned, no purpose Become a servant, feel like I'm worthless Sun turn to darkness, now I'm getting nervous Till I make a purchase and I'm Silver Surfing Flying through the stars in the Milky Way Next day filled with guilt again Emptiness and sadness, used to get a lot done Now the Devil's in my car riding shotgun (Vicious cycle) Mad Child's back like the hot sun Still shining, redrum redrum (Very uncontrollable thoughts. You're going to lose control.)From walking on the Sun with a Pepsi bottle Pocket full of cash and a sexy model Shopping like I just won the lottery Then I fell down, hit the ground like pottery, smash (Manic episodes) Dope, doing drugs like a dummy Gained a lot of weight with a big fat tummy Didn't have sex, pale skin like a mummy Crashed the Suburban, almost killed my whole group God saved us, I'm telling you the whole truth Old dude, Clark Kent in a phone booth (It might scare you) I refuse to be old news(People with anxiety value control immensely. You're not in control of yourself or in control of your emotions and it might scare you.) My mind mentally a torture chamber Complete frustration, approach with anger Used to be exciting, white lightning Living in a nightmare quite frightening (Wake up) Aggressive performer, obsessive compulsive disorder Psychotic, dark product of narcotics I'm bleeding badly in shark waters Hail Marys and Our Father up in Heaven looking down on what he's not proud of Evil thoughts, blood, and gun powder Quit crowded, blue pills and white powder(Take control of your life, take control of your fear.

The things that we do are fear-based. Fear and worry can be very very powerful negative forces in your life. If your anxiety is to the point where it's disrupting your lifestyle then you have a problem.)

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