

# What It Feels Like to Have a Phobia

by  
Nicole Kubulis

Everytime I cry  
You think I'm  
The girl that cried wolf

It's not that I'm lying  
Everything terrifies me  
Sensory stimuli is threatening

It is a murderer  
Lurking around the corner  
Beckoning coroners to find me

I am not the final girl  
In a spine-chilling slasher film  
But there's a slim chance of survival

So I scream bloody murder  
Because my hands are tied  
From you telling me I'll be fine

I'm just overreacting  
Please, you think I'm acting?  
I'm living in my own kind of hell

I am in a double bind  
Between my body and mind  
Which do I believe...and why?

You're emotionally fatigued  
Translation: you're sick of me  
Shame causes panic and grieving

These triggers exist on a continuum  
I keep succumbing to my suffering  
I buffer the pain by running away

I don't want my name shown  
On a tombstone, marking my demise  
From this "harmless" thing I agonize