

I can make a promise, that each and every one of you have known some variation of a toxic person.

You know, they're like a shadow over you and everything you immerse in. I Do. In fact, she's in this room right now. Look around, you won't see her, or hear her at all but she's there. Screaming so much it feels strange when she's not.

She's quiet right now for once, but her eyes bore into mine like a knife into an injured lion and I can't break free no matter how hard I'm trying. She's the demon inside of me that's so often spoke of, the fight between devil and dove.

Her eyes are arrows and her mouths a gun and I can't undo the pain she's done, because she lives in my head 24\7, rent free from sunrise to eve and her name is anxiety.

We all have one, just some are more prominent than others. Some whisper sub-conscious insults in our ears, yet some yell so loud it's all we can hear.

Anxiety is like a million bells ringing in my head, overanalysing what a person has said, grasping at straws for something to say and stressing out over a long off deadline day. Its not being able to open doors without glass, being scared of crowds as a mass, over checking fuses as if it's dire, it's a habit really, I guess I'm afraid of fire. Its like being in a cage that's unlocked, one that no one else can see while you yearn to be free from the invisible chains bolting you to the darkness.

Thinking things like

Am I annoying?

That one's destroying

I don't have any friends

I'm behind all the trends

I'm falling behind

BUT it's okay because anxiety is of course 'an excuse' and obviously 'all in my head' and trust me when I say this, tell me to stop worrying one more time and I will officially lose my sanity THANK YOU.

But trust me, contrary to popular belief I'm not begging for pity, or throwing some drawn out, self-centred party derived from it because I'm not that kind of person. I'm the kind of person that would normally want to go and hide under a rock at the very thought of doing something like this. In fact, I kind of still want to but I'm trying to change that, I'm trying to change the way we all perceive that one toxic friend inside out heads because at the end of the day, we have to live with them, so they might as well like us.

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