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In the Past

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In the Past

In the past
Anxiety always controlled my thoughts
My actions
My life

Stuck in a time warp of never-ending worry
Who will care for them?
What will become of me?
When will this end?
Where will I go?
Why does this keep happening?

Just when I thought I hit a dead end
I made a left and you took my hand
Calming the voice inside my head
Granting me the power to move forward

My mind still races
But I'm heading in the right direction
I'm learning to care
Without being swallowed by the burdens
Be empathic
Without taking full responsibility for others' situations

My life is mine
I am taking back control
The past can't stop me now

Written By:
Ashley Martin