

I Dream Awake

by MystressXOXO

I wrote it to try and describe what it's like when I go through a panic attack.

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Chapter 1 of 1

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It's upon me now, from where, I don't know

I can feel the sensation within,

I stop and I breathe as I try to stay calm

Try to stop it before it begins.

The more that I try, the more that I fall

It strips me of all my control,

I lie in the dark and then suffer alone

Only I can climb out of this hole.

No, please, stop,

Be calm, stay calm.

Relax, do not push that path,

Easier said than done.

The first wave comes, and my soul goes cold

The bone-chilling dread has come through,

It consumes every part of my being at once

Leaving little for me to subdue.

I struggle to breathe without making it worse

My heart beats so fast in my chest,

It doesn't take long for my limbs to go numb

And the tingling takes care of the rest.

No, please, stop,

Nothing is wrong; you are alright.

Breathe, do not let it grow,

Too worn am I to listen.

The second wave comes and my body reacts

It believes that danger is near,

I have no defense and succumb to its will

Too tired and weakened by fear.

My head is so heavy, both inside and out

And I feel like I'm going to die,

I easily beg and then plead for my life

As I shake and the hours go by.

No, please, stop,

Go to sleep; you must sleep.

Try, you must try again,

Eventually I will win.

Finally I sag as my body goes limp

My breath, once so short, has returned,

My body and mind fall to sleep by my force

It's the only resistance I've learned.

I will hope it has passed by the time that I rise

Leaving only my muscles that ache,

But for now I will rest any way that I can

Safe and sound as I dream awake.

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