

Anxiety

Anxiety and social anxiety even scares you away from family too. Meaning if you want to go say hi to someone in a busy room that you know who is okay with it, you won't because you are scared they won't be okay with it.

It scares you away from going to a family members house when you want to say hi or talk to them because you are scared your intruding when they've said time and time again that you are not. Social anxiety makes you scared you always intruding or being a nuisance to them.

It scares you from asking simple questions and asking them to do certain simple tasks, like take you to the store if you don't have a car or ask if you can stay the night or come over or even talk to them. You're scared you're a burden to them, so you won't ask.

Anxiety scares you away from a lot of things, plain and simple. It scares you away from friends, going out, talking to anyone, sending an email or text, posting on Facebook, posting on anything, anxiety can make your life a living nightmare. It makes you think "What if I did this instead?" or "What if they hate me for this?" or "What if they don't talk to me anymore?" or even "What if I'm just a nuisance to them?" Anxiety DISABLES you from doing things because it is a fear created in your brain that is NOT made up and is ACTUAL fear, anxiety creates fear in you and it is REAL.

Living with anxiety is hard, I know, all these things I've listed, I can barely do without panicking, it takes baby steps. It takes talking to yourself or music to get you through it, telling yourself "I'm not a burden," or "I can do this," but sometimes that's not enough sometimes the day just rolls on with anxiety all day and you drive it away by playing a game, dancing your heart out, singing your lungs off, watching TV til you fall asleep or just sleeping it off.

Some days it is a battle and other days the anxiety doesn't pick a fight it seems like, some days it is like its almost

normal, almost as if you can live life without panicking every second of the day. Then boom the next anxiety wave hits and normalcy is gone but what is normal? Easy. Nothing is normal. Normal is just a stereotype of "Grade-A human" that doesn't have any flaws so normal is stupid.

So, if you know someone with anxiety, don't pressure them, don't tell them to hurry, don't tell them to not worry (trust me we try but its and we can't just "not worry"), don't tell them to turn off their anxiety (what is their some kind of magical switch we've never heard of?), and don't tell them to be normal. Be there for them, be calm and try and be there.