

Becca Beale

Social Anxiety

A safe place inside my mind

A poem by Becca Beale

The safest places of my mind,
The introvertness of the darkness,
It calls to me,
The solitude of my safe place
A welcoming comfort

A safe place to go when I am in pain,
My mind crazy from the outside world,
The noise that consumes me,
The people that frighten me,

My safe place is quite,
It's filled with peacefulness
My anxiety gone for just a moment
Nothing else compares

No one came touch me here
No one can judge me here
The only place I can be myself
Without worry or fear

The safest place is my mind
The world of creation
Where anything is possibly
Where I am free from all that harms me

My life is chaotic
People don't understand how I feel
The silent monster that lives inside me
Always there, always watching and waiting

My safe place inside my head
Filled with hope and love
Is the only place I want to be,
The only place that is understood