

Living with Social Anxiety

First Day Fears

First day, first day, okay
I can do this, I am not afraid.
Can I do this?
I don't know, I am afraid
What if someone talks to me
What would I say?
Hi, I'm Janet, no, no way.
What if I'm late?
What would happen then?
How bad would it be
if I walked in after 10
What is the professor asks a question?
I would stutter or shout
I know it would happen
I should just get out
What if I died on the car ride there
Would it even matter
Would they even care
No, I can't stand it
I'm just going to quit
I can't do this anymore
I'll try again
Just another time
I'll do this next semester
Okay that's the plan

But what if...