

U ME ANXIETY



Fuck ppl with hand sanitiser  
Ppl that just need to organise ur desk  
Im talking bout premonitions  
like if this don't happen someone will die  
And I saw the knife drop before it did  
So now it will

I have a small gift of sight - vision, divinity  
and a large gift of panic

Good things, fingers, eyes, necks,  
kittens, glass, myself

List of things I avoid staring at sometimes  
just in case

Sometimes I know whats gonna happen  
and scared it'll b my fault

Did I do that?  
Did I jus do that right now?

I dont rmb

# U ME ANXIETY

Don't feel like i can trust my memory

I'm guilty for visualising violence  
I cant help it, Its my mind

Its not me

How can I trust myself not to do  
something stupid, Impulsive  
if i've done it 1000 times in my head  
Sensation  
that i'm a bad person  
i'm really bad

Thats why my parents left me  
No one knows this  
Everyone knows  
Cause it is terrifying to confront

Impossible to hide  
I shudder when I touch people  
praying nothing bad happens

**BY JASMINE KALLIA**

U ME ANXIETY

*JUNK*

The nights were filled with clammy hours  
in these old country pubs  
drinking sour cranberry juice with ice and  
lime before I dragged my self injury  
onstage  
I had breasts too full to bind inside  
t shirts

I was full of fear with desperation to  
recover  
Those weeks I was so young around 20  
sometimes desire was too much, too  
apparent

People can always tell when you're  
vulnerable.

When you draw red on your face  
to look attractive  
they scream louder so it sounds just like  
applause  
In these venues I lost words to crazy  
drunken ears

# U ME ANXIETY

In these nights i'd be dolled i'd still feel  
ugly.

With that funk band  
that wanted more than cheap nights to  
sing

I prostituted my voice

My Monday evenings  
to trick myself that I was almost flying  
it was hard because I felt I didn't matter

My poems disregarded.  
This old man tapping his knees  
and playing his keyboard

Always would have me at his in the  
evenings  
In his living room, pints of tepid water

Hiding vocal strain

Ignoring tension

# U ME ANXIETY

I would cry all in the day cause I was  
broken  
In the night my eyes were black like  
frozen terror

Things you hold onto so as not to kill your  
passion  
but really I was reaching out for hidden  
shelter

I couldn't stand masculine energy  
anymore  
5 men and myself under every show - red  
lights

One day my father came to see us, late  
I told what time I was starting, 9pm

I sang all night to the empty windows  
Waiting

When the bassist felt my body inside the  
venue  
Sickness told everyone that I was better  
leaving

# U ME ANXIETY

The percussionist held my arse after he  
hugged me  
Before the show I had to vomit in the  
bathroom

These nights were filled with gritty  
secrets  
Ones I can't explain

Things you don't wanna associate with  
what you love

If I sing I don't want no-one to annihilate  
my talent my naivety my world

BY JASMINE RAHIA

U                      ME                      ANXIETY  
TALISMAN

for K, for A for N, for another K.

Frankincense, Rosemary. Onyx, Gold.  
Rose, Geranium.  
Resilience, Healing. Strength, Brilliance.  
Love, Kindness.

You really fucked me over u know  
I was doing everything for us. You broke  
my trust

I don't forgive. I'm not a fuckin forgivin  
person. Thats ok

I hope you suffer  
I don't care I'm not sorry  
if I cannot be accepting  
Cannot be accommodating  
you are not my predecessor

# U ME ANXIETY

I can never understand why you felt like I  
was  
something with unrelenting generosity  
I gave you like I give always

I cannot carry you on my neck  
you reciprocated catastrophic health  
Sadness  
Had me double checking myself

I cant b strong knowing you'd attack me  
freely  
Unsurprised you've done all this harm  
You wasn't worthy  
You didn't earn this love and purity I gave

You stole from me but please remember  
I am divine  
I will not disintegrate

You stole from me but please remember  
I am existing, still.  
I am protected.



U ME ANXIETY

You steal from me.

Have my curse  
I don't curse many but you are marked

You stole from me  
Took my gold but man, Please know

You stole from yourself

Frankincense, Rosemary. Onyx, Gold.  
Rose, Geranium.

Resilience, Healing. Strength, Brilliance.  
Love, Kindness.  
You stole from yourself.

BY JASMINE RAHIA

U

ME

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TAG TEAM

I didn't sleep last night.  
Insomnia is now a friend to Anxiety.  
They teamed up against me.

I stayed up, trying to come up with  
solutions to my problems  
But  
They were all dead ends.  
I smoked like half the pack of fags.  
I'm gonna end up with cancer one day.  
Cant even take care of myself.

Only 2 hours left till I need to get ready.

What the point in sleeping now?  
I guess il try have an early night tonight.

BY JUTU GUYVER

# U ME ANXIETY

## THE DATE

I had a date set.  
I really wanted to go.  
The thought of holding hands and that  
end of date kiss.  
Filled me up with smiles and butterflies.  
The “what ifs?”  
Ruined it all.  
Thoughts of journey, eyebrows and not  
looking on point.  
My low bank account balance.  
What if I’m not really what she expects.  
But she bought the tickets.  
I don’t want to waste her effort.  
Clocks ticking.  
Im rushing to get ready.  
Wasted time thinking.  
Fuck it! I’m going.  
Im going to bed.  
Im sorry.

I can’t make it.

## BY JJJJ GUYVER

U

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JUJU GUYER.  
JASMINE KAHJA  
ORIGINAL ZINE 2019

