**Anxiety - The Uninvited Guest** by Judi Billcliff

He walks in uninvited

And settles in your chair

That unwanted guest -

Like nits in your hair.

You feel familiar feelings

The ones of fight or flight.

The panic starts rising,

‘Please no, not tonight!’

Why did he choose you?

Why can’t he just go?

He can see you are struggling

As anxiety starts to grow.

This unwanted visitor

Playing with your mind.

He seems at his happiest

When he’s being unkind.

His dark eyes watching you,

You feel him smirk and mock

Which ignites your inner power -

Now **he’s** in for a shock.

You push him toward the exit

And throw him out the door,

“I told you, you’re not welcome,

I won’t be bullied anymore.”

When anxiety comes visiting

And starts controlling you.

Demand he leave immediately

And believe the power is in you.

**© Judi Billcliff 2021 Rainbow Poetry** [**www.rainbowpoetry.co.nz**](http://www.rainbowpoetry.co.nz)