

Let Me Introduce Myself
by Annie Rose

I'm the unwanted voice inside your head;

"Hey, it's a good morning, but don't get out of bed."

I'm the red, raw cracks on your hands.

"Didn't you hear? They could never understand."

I'm the obsessions that keep you awake.

"Let's play a game called; How much more can you take?"

I'm the compulsions that drive friends away.

"Don't worry if they leave, you know that I'll stay."

I'm the locking and unlocking of doors.

"If you want to sleep safely, lock a few more."

I'm the unwelcome alarm clock at night.

"Did you turn off the stove? Did you check all the lights?"

I'm the irrational fear of germs and grime.

"Wash your hands slower, you have plenty of time."

I'm a misconstrued disorder hiding where no can see.

"Nice to meet you buddy, call me O.C.D."