

Pointer, Ring, Pinky, Middle

Bouncing knees under a desk
Cuticles bleeding from aggressive picking
Fingers tapping in a rhythmic pattern
Pointer, ring, pinky, middle. Repeat.

Waking up with a clenched stomach
Nervous for nothing
Nervous for everything
A repeating cycle deemed unescapable.

Sweaty hands leaving marks on a dark surface
Finger nails forming crescent moons on palms
Knuckles popping from obsessive pressure
Pointer, ring, pinky, middle. Repeat.

Coping mechanisms gifted
From those who'd never understand.
Take a deep breath, write it down
As if it could ever be as easy as that.

Lips bitten raw
To stop a quivering chin
Fists clenched tightly to prevent the pattern
Pointer, ring, pinky, middle. Repeat.

Searching for solace
In books and in nature
In people and in solitude
Hoping for a sudden gift of peace.

A life-long sentence
To the feeling of trepidation
To sweating, to shaking, to tapping
Pointer, ring, pinky, middle. Repeat.

Knowing it's unsustainable
To be in constant panic
To never truly rest.
But for now, it stays the same.

Pointer, ring, pinky, middle. Repeat.