

SOCIAL ANXIETY ISN'T ALWAYS PRESENT, LET ME TELL YOU, IT ISN'T ALWAYS THERE. IT COMES AND GOES LIKE WAVES IN A SEA AND IN A SEA OF STRANGERS, I FEEL LIKE I'M DROWNING. I FEEL LIKE A CHARACTER IN ALICE IN WONDERLAND, WHO TOOK A BITE OF A COOKIE THAT MADE ME SHRINK DOWN. CAN ANYONE HEAR ME? DOES ANYONE KNOW I EXIST? WHEN SOCIAL ANXIETY STRIKES, MY INNER INTROVERT IS UNLEASHED. FROM BEING THAT GIGGLY GIRL WHO LOVES MAKING CONNECTIONS TO ONE THAT IS TURNED OFF BY SOMEONE ELSE'S PRESENCE. SUDDENLY THE IDEA OF SPACE AND BEING ALONE IS MORE ALLURING AND ENTICING THAN A TRIP ON BILL'S BUS TO DOWNTOWN ON A THURSDAY NIGHT. AS A YOUNG COLLEGE STUDENT, SOCIETY TELLS ME THAT'S ABSURD. I SHOULD BE PUTTING MYSELF OUT THERE, MAKING EVERY HUMAN CONNECTION AS POSSIBLE, AND FLIRTING MY WAY INTO PEOPLE'S APPROVAL. SCREW THAT. LET ME BE. LISTEN, DON'T TAKE IT PERSONALLY. IT'S NOT WHAT IT SOUNDS LIKE AND IT'S NOT YOU, IT'S ME. SOME SAY ONE CAN NEVER HAVE TOO MANY FRIENDS. WELL I DISAGREE. I'D RATHER HAVE QUALITY OVER QUANTITY, IS THAT INSANITY? I THINK NOT. BUT REMEMBER I SAID THIS FEELING IS NOT ALWAYS THERE. SOMETIMES IT'S TUCKED AWAY IN ITS SHY CORNER, HIDING LIKE A SHADOW OF AN OLD GHOST.