



# **Ode To My Therapist**

By Emily Martinez

**Thank you for listening**

**Thank you for helping me understand the problem I didn't think were problems**

**Thank you for helping with the anxiety**

**Anxiety anxiety anxiety**

**Social anxiety in new environments**

**The issues I had when people were yelling**

**Helping cope with the childhood traumas**

**Teaching me listen to others and learn to have meaningful and needed convos**

**Advice Advice Advice**

**All the advice needed when im having issues with friends and family**

**Helping me understand the arguments and what to do when they occur**

**Lonely lonely lonely**

**I am alone in the end but you've taught me that being alone is not a bad thing**

**Rather it's good to have alone time, it's time to grow and reflect**

**Although I'm lonely, you're someone that I know will always listen**

**Thank you**

