Hamilton Anxiety Scale

Thomas Giles

Can't control my fear, my doubts. I want to change, help me. x 2

When rivers flow backwards Our words drown inside us. Speak up, scream out, hear me. Come out of this shell.

Breathe in slowly--feel your pulse. Lay down with sound--feel your pulse.

Can't control my fear, my doubts. I want to change, help me.