

**teen angst**

is this just teen angst?

listening to songs, artists on repeat

crying into our elbows

yelling into our pillows

and smashing our pens and books to the ground at the heat of anger

or is it a mental issue?

is it just me, us or just you?

can i have a moment to

pause, to speak—no—to

cry

and then face the lie

we are told.

because i do see it,

the things we aren't supposed to do.

we were taught about it, but not how to recognise it.

how did we get here? oh god...

time for another drink

another lover

another hit

another cry.

is this really just teen angst?

or is it something else that

i should be concerned about?