

## **Assault/Release**

Tension,  
Apprehension,  
Anxiety,

Arise from the movement and sound  
Of JERKY, LOUD, RATTLING CHAIRS.

Rapid-fire staccato speech from the speakers above pierces my ears.  
The door SLAMS!

Ahhhh

An expressive female voice begins a soothing love song from overhead

The long extended notes caress my anxious heart,

Sooth the sensory neurons

All over my body.

A woman passes by,

But new noises

No longer disturb or jar,

Rather they gently lap my shore.